



Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits

Tara Bennett-Goleman

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With her book *Mind Whispering*, Tara Bennett-Goleman, the *New York Times* bestselling author of *Emotional Alchemy*, draws on the the fields of cognitive psychology, neuroscience, and Eastern traditions to present a workable means to overcome the negative patterns in our lives.

Mind Whispering is a new map of the emotional mind. This groundbreaking approach shows us that we have a choice of our moods, emotions, actions, and reactions. *Mind Whispering* teaches how to manage our brains, and incorporate the timeless wisdom of mindfulness into everyday situations.

Ultimately, *Mind Whispering* exposes the modes of being that act as obstacles in our lives and relationships, and shows us how we can choose to improve our relationships and free ourselves, living with a lasting sense of happiness. With a foreword by the Dalai Lama, Bennett-Goleman's *Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits* gives you the keys to lasting emotional freedom.

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