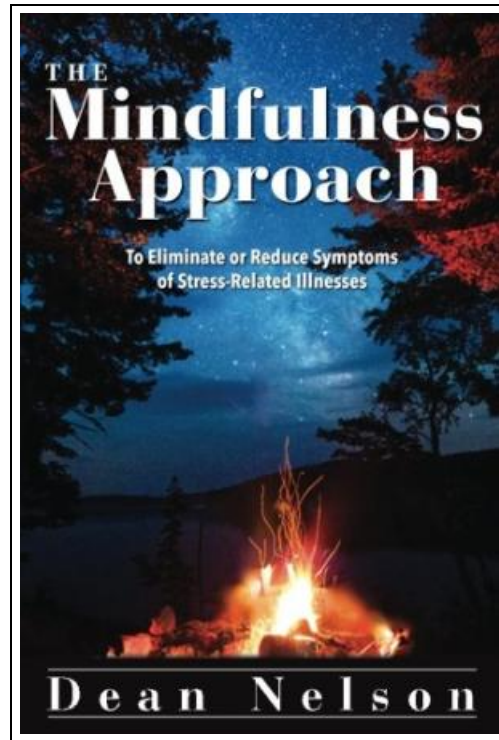


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Dean Nelson, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Preface by Manoj Jain, MD, MPH. Dr. Jain is an Infectious disease physician, writer, and a national Leader in healthcare quality improvement. Dr. Jain writes regularly for the Washington Post and a Memphis newspaper, The Commercial Appeal. His writings also appear in the New York Times and The Times of India. Dr Jain received his engineering, doctorate, and public health degrees from Boston University. He has served as a consultant to the World Bank on HIV, and has been interviewed by CNN and National Public Radio. Dean has had more than a fair share of challenges in his life. As a teen, he suffered a personal tragedy witnessing his father s suicide which culminated into trauma-related, stress-induced health problems affecting his mind and body. However, he found solutions, and to our benefit, he shares his secret recipe to life through his writings. His first book *The Experiential Approach: A Fresh New Approach For Creating Immediate Personal Power* is designed to enhance life experiences. It is about how we can make positive changes in our behavior and thought processes by examining our beliefs, intentions, choices and actions to overcome our adversity. He follows the consequential path of how beliefs lead to intentions, which create choices, which manifest into actions. If only everyone knew this. Dr. Manoj Jain, MD, MPH *The Mindfulness Approach* is the second in a series of books designed to assist the reader with making physical changes in their health by using the power of their mind. Mindfulness and meditation techniques are explored, providing the reader with enough information to move forward on their path toward optimum health and healing. I also wrote this book based on my personal experiences....



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