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## **Silence Your Mind Dr Ramesh**

Dr. Ramesh has applied the scientific method to this 'alternative' area of meditation demonstrating tangible results without making grandiose claims.

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He also provides a history of meditation, and mental silence, to set the studies in context. The treatment of asthma, ADD and epilepsy are particularly impressive.

**Silence Your Mind: Manocha,  
Ramesh: 9780733637360: Amazon**

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Happiness in Just 10 Minutes a Day With  
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Manocha, Dr. Ramesh (2014) Paperback  
Paperback - July 17, 2014 by Dr Ramesh  
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'Silence Your Mind Dr Ramesh Manocha  
9780733628771 April 28th, 2018 -  
Silence Your Mind by Dr Ramesh  
Manocha Publication date 08 Jan 2013  
Publisher Hachette mental silence is  
presented as an ancient concept which  
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## **Download Silence Your Mind Dr Ramesh Manocha Hachette Uk ...**

Dr Ramesh Manocha is an Australian GP and researcher based at the Discipline of Psychiatry, Sydney Medical School, Sydney University, where he coordinates the Meditation Research Programme. For the past 15 years he has conducted clinical trials and scientific investigations

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Dr Ramesh Manocha MBBS BSc (med)  
PhD is a GP, educator and researcher.  
His PhD was completed at the Royal  
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