



# **Quiet Your Mind: An Easy-to-Use Guide to Ending Chronic Worry and Negative Thoughts and Living a Calmer Life**

*John Selby*

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## **Quiet Your Mind: An Easy-to-Use Guide to Ending Chronic Worry and Negative Thoughts and Living a Calmer Life** John Selby

Never before has the psychological whistle been blown so clearly on the detrimental effects of chronic worrying, anxious problem-solving, and the general non-stop mental chatter of our thinking minds. John Selby, researcher, therapist, and educator, points out that we are indeed a nation of unwitting thinkaholics. In his essential new book, *Quiet Your Mind*, he offers us an easy-to-follow mind-management process through which we can learn to let go of fear-based mental habits and enter a more heart-centered, intuitively-clear, and spiritually-peaceful engagement with everyday life.

With solid scientific grounding, yet written in a heart-to-heart tone, Selby offers a precise exposé of how anxious thoughts focused on mental judgments, beliefs, and attitudes generate emotions such as irritation, worry, guilt, anger, and despair – leaving little room in our lives for positive spontaneous engagement with the world. In this definitive guidebook, Selby teaches how we can transcend such fear-based ideas and attitudes that hold us back in life, through potent yet easily-mastered techniques to quiet over-busy thoughtflows and nurture more present-moment, love-based mindstates.



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