

## The Total Mindset: The Practicing Mind (Paperback)/The Meditating Mind (Audio 2-CD Set)



The Total Mindset will paradoxically both calm and energize your life. This signature set includes both *The Practicing Mind* and *The Meditating Mind*. In the book *The Practicing Mind*, Thomas M. Sterner provides new insight into how you can make being more disciplined and focused, and living in the present moment, a natural part of your daily life experience. *The Meditating Mind* will provide you with an overview of what meditation is and how, in a very short time, you can begin to enjoy the benefits of its presence in your daily routine. It will both teach and guide you through a meditation method that can be used by anyone to clear their mind of stress-causing chatter in as little as 10 minutes a day. The Total Mindset is available in two unique combinations: *The Practicing Mind* (Print Book) combined with *The Meditating Mind* (2-CD Set), and *The Practicing Mind* (Unabridged 2-CD Set Audiobook in mp3 CD Audiobook format) combined with *The Meditating Mind* (2-CD Set), each offered at a special discounted price.

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