



Change Your Mind

Paramananda

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To take up meditation is to introduce a powerful force for change into our lives. If we change our mind the world changes too. Whatever our religious belief, meditation can be the beginning of life's greatest adventure. Using the simple traditional practices introduced in *Change Your Mind* you can learn how to exchange stress and anxiety for calm and clarity of mind, and transform anger and fear into kindness and self confidence. This accessible and thorough guide to meditation is filled with anecdotes and tips from Paramananda's 15 years of experience as a meditator and teacher. With over 40,000 copies sold, he has become a well-loved and sought-after teacher in Britain and North America.

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