

## Quiet Your Mind: How to Quieten Upsetting Thoughts and Regain Inner Harmony (Paperback)

JOHN SELBY  
AUTHOR OF SEVEN MASTERS, ONE PATH



QUIET YOUR  
mind

HOW TO CALM UPSETTING THOUGHTS  
AND REGAIN INNER HARMONY



### Book Review

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Coleman Ortiz)

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