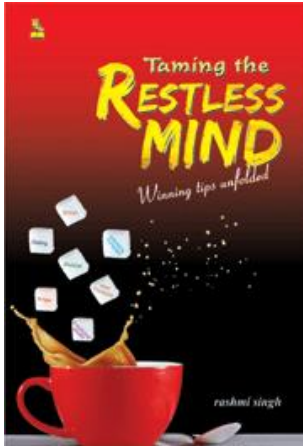




Taming The Restless Mind



Author: Rashmi Singh
Format: Paperback
ISBN: 8122312675
Code: 9487E
Pages: 144
Price: Rs. 150.00 US\$ 6.00

Publisher: Pustak Mahal
Usually ships within 15 days

I'm only human, I'm just a woman man
Help me believe in what I could be
And all that I am
Show me the stairway I have to climb
Lord for my sake teach me to take
One day at a time

This book aims to be the philosopher's stone—turning our base natures into hearts of gold, our impracticalities into reason and the vast dead span of life into a blooming utopia of dreams. The author proves to be a counselor and healer for parents, teenagers, young adults and also provides a solution to the tumultuous life of people facing their 'midlife crises'.

Young adults often laugh away at their world and escape that world in flights of fancy but has anyone felt the pain in their eyes? The author lays bare the current trends and enduring characteristics of young adults in the most lucid style with interesting pictures and examples to support. These offer a tremendous springboard to discuss larger issues relating to the youth and adult mind.

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