



# **How to Relax Your Mind - The 10 Best Ways: Effective and Practical Methods to Help You to Survive and Thrive in an Increasingly Stressful World**

*Simon Ralph, Jim Ryan*

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How to Relax Your Mind – The 10 Best Ways.

Challenges, decisions, problems, difficult people, health issues, getting things done, commuting... it goes on... and... on...

Where is day light and clear water? In fact, where is your life?

So, how can we deal with all these major concerns that seem to be constantly battering at our door - and still have a life?

This little book will show you how!

It will show you clear and effective ways to deal with these issues. If you want to change your life but don't know how, then here's a good place to start. All this is only possible when you have a relaxed mind.

Through The 10 Best Ways, you will gain new, clear and insightful approaches that will give you confidence, strength and a new, deeper awareness!

Inside this book you will find personalised strategies on relaxing the mind, and the benefits of doing so. This is training for your mind, your most powerful tool, enabling it to unfold and blossom.

When these guidelines are applied regularly, positive transformation is inevitable within your life. Peace becomes your natural nature, and life becomes a game again, in the same way it was when you were a child. Each informative chapter concludes with a powerful and practical affirmation for relaxation that is simple, assertive, succinct and memorable. These affirmations encapsulate each section, and can be easily integrated into your life.

Learn how to replace negative thoughts and emotions, and become energised, empowered and confident.

This new mind-set pattern helps you to break old belief systems and to become happier, healthier and more relaxed in your life.

Peace and relaxation cannot be achieved in the outside world unless we master our minds and develop a level of peace on the inside.

Chapters:

How to Relax Your Mind –The 10 Best Ways

1. Dealing with Fear
2. Making Effective Decisions
3. Relationships/Family
4. Keeping Your Mind Relaxed at Work
5. Your Health
6. Communication
7. Avoiding Stress
8. Experiencing Happiness
9. Overcoming Anger
10. Enjoying Life.

If you are genuinely interested in freeing yourself from tension and knowing how to avoid stress, anxiety, and depression, and how to feel truly at ease and relaxed with yourself, then this book is a must-read.

Jim Ryan and Simon Ralph, co-authors of 'How to Relax Your Mind – The 10 Best Ways', are both deeply interested in the human mind, and consciousness. They are on a life-long spiritual voyage of discovery, and have a strong desire to grow their awareness on a personal level, and to help others to discover their true identity of Soul. They do however, have very different backgrounds.

Jim is a former Head Master, a teacher of teachers and management trainer. He is a long-time practitioner of meditation and spiritual study. His path has been through many ways, exploring the depths of Christian mysticism and the subtle arenas of psychic and spiritual experience to the practical strategy worlds of human development in both, the educational and corporate worlds. “It’s one journey, one direction and one destination”, Jim emphasises.

Simon chose to see life from another perspective, that of global traveller, DJ, and once a Bus Driver. Amongst other adventure, he has trekked the Himalaya Mountains, sailed the Caribbean Seas, backpacked the Australia Outback, and driven the perimeter of USA. But now, his journey is an internal one. An inner journey of realising the self, the drama of life we are in, and God.

He now focuses his attention on creative projects, on which he shares: “for me, creativity is the cutting edge of alive-ness. When I am inside the creative process, I am truly living...”

Strangely, both authors do have many things in common. Both have published books before co-writing together. Jim Ryan is the author of, The Crystal Mind, Meditation The 13 Pathways to Happiness and Into The Stillness. Simon Ralph aka The Yogi Bus Driver released Soul Journey of a Yogi Bus Driver, late 2014

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**From reader reviews:**

**Randell Easley:**

The feeling that you get from How to Relax Your Mind - The 10 Best Ways: Effective and Practical Methods to Help You to Survive and Thrive in an Increasingly Stressful World will be the more deep you looking the information that hide in the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but How to Relax Your Mind - The 10 Best Ways: Effective and Practical Methods to Help You to Survive and Thrive in an Increasingly Stressful World giving you joy feeling of reading. The author conveys their point in certain way that can be understood simply by anyone who read this because the author of this publication is well-known enough. This book also makes your personal vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this kind of How to Relax Your Mind - The 10 Best Ways: Effective and Practical Methods to Help You to Survive and Thrive in an Increasingly Stressful World instantly.

**Anthony Collins:**

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**Tony Partee:**

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get lot of stress from both daily life and work. So , whenever we ask do people have extra time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read is actually How to Relax Your Mind - The 10 Best Ways: Effective and Practical Methods to Help You to Survive and Thrive in an Increasingly Stressful World.

**Donald Fujita:**

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