



Free Your Mind

By Ajay Kapoor

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Free Your Mind By Ajay Kapoor

Free Your Mind is not just another meditation manual, but a guide to working with greed, hatred, ignorance, pride, doubt, and agitation. It provides a straightforward, logical, step by step strategy to transforming our responses to challenging life events and everyday situations into unconditioned peace, liberation, and happiness.

Following the tradition of Eckhart Tolle and Byron Katie, who successfully translated Eastern thought into Western language, Ajay Kapoor converts ancient teachings by entering the Western mind through the door of science. Free Your Mind is an accessible guide for anyone who is curious about harnessing the energy of the inner mind and using it to build mental and emotional wellness.

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Free Your Mind By Ajay Kapoor Bibliography

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Editorial Review

Review

Free Your Mind goes beyond today's fashionable mindfulness movement by using our thinking, rather than simply noting it. Kapoor carefully shows us how to use our minds to break down our mental conditioning and become truly free.

-**Franz Metcalf**, author of *What Would Buddha Do?*

Ajay Kapoor's new book, *Free Your Mind*, is both a good read and a practical tool for those who are new to meditation. And it offers insights for the more seasoned meditator as well. -**Glenn Mullin**, Author, *Sacred Sites of the Dalai Lamas*

An intelligent book with many concrete examples and unique perspectives on the internal development on the road to freedom, that will be helpful for anyone on a spiritual path." - **Annabelle Zinser**, author of *Small Bites, Mindfulness For Everyday Use*

Free Your Mind offers an interesting set of guidelines for exploring and understanding the nature and potentials of your mind." - **Joel Levey**, Author, *Living in Balance: A Mindful Guide for Thriving in a Complex World*

Free Your Mind is a clever and insightful book that deftly dodges traps of philosophy, and instead guides the reader directly into their own experience. Ajay Kapoor lays out the book in a beautifully linear, accessible manner, so that the reader is taken by the hand and led, with care and clarity, to the very heart of their own Awakened Mind.

- **Keith Martin-Smith**, author of *A Heart Blown Open*

From the Back Cover

A Complete Manual on Meditation, Understanding the Mind and Attaining Lasting Happiness

Free Your Mind is an accessible guide for anyone who is earnest about harnessing the energy of the mind and bringing about emotional and spiritual wellness. Easy to understand and full of lucid instructions, it provides a straightforward, logical, step-by-step strategy to transform our reactive responses to challenging life events into opportunities for practicing unconditioned peace, love, and freedom.

"*Free Your Mind* goes beyond today's fashionable mindfulness movement by using our thinking, rather than simply noting it. Kapoor carefully shows us how to use our minds to break down our mental conditioning and become truly free." — **Franz Metcalf**, author of *What Would Buddha Do?*

Ajay Kapoor was born in New Delhi and followed the teachings of Ramakrishna before developing his own meditation style called Z Meditation. In 1995, he founded Z Meditation Center in Dharamsala, India. He offers silent meditation retreats to students from around the world.

About the Author

Ajay Kapoor was born in New Delhi and followed the teachings of Ramakrishna before developing his own meditation style, Z Meditation. In 1995 he founded the Z Meditation Center in Dharamsala. He offers retreats and workshops to thousands of students around the world and lives in Dharamsala, India.

Users Review

From reader reviews:

Paul Flynn:

The book Free Your Mind give you a sense of feeling enjoy for your spare time. You can use to make your capable considerably more increase. Book can being your best friend when you getting anxiety or having big problem using your subject. If you can make reading through a book Free Your Mind to become your habit, you can get considerably more advantages, like add your own capable, increase your knowledge about a number of or all subjects. You may know everything if you like start and read a guide Free Your Mind. Kinds of book are a lot of. It means that, science guide or encyclopedia or other individuals. So , how do you think about this book?

Anna Cooper:

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Morgan Lytle:

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