



## Pelmanism, a Whole New Mind

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By Institute O Pelman Institute of America

Www.Bnpublishing.Net Aug 2008, 2008. Taschenbuch. Book Condition: Neu. 246x189x3 mm. This item is printed on demand - Print on Demand Neuware - A lesson in the Pelman System of Mind Training to help the reader develop personal power in regard to focusing attention. This lesson will reveal the secret of focusing attention and includes: movement vs. fixation; causes of mind wandering; advantages of concentration; morals of concentration; how to develop concentration; do's and don'ts; mental and health exercises. 60 pp. Englisch.

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