

## *Sane New World Taming The Mind Ruby Wax*

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Sane New World: Taming The Mind. Comedian, writer and mental health campaigner shows us why and how our minds can send us mad and how we can rewire our thinking, especially through mindfulness, to calm ourselves in a frenetic world. Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity.

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Sane New World: Taming the Mind by Ruby Wax – review. Ruby Wax was the one who ran around shouting on TV a while back, extracting knicker-drawer secrets from celebrities. She was good at it too, even though the shows were always just as much about her as they were about Imelda's shoe habit or Pamela's top-dressing.

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RUBY WAX Hodder & Stoughton 2013, HB, 272pp, £18.99, 9781444755732 Ruby Wax is not on the telly so much these days, but in the last few years she has been developing a second career as a campaigner tackling the stigma of mental illness: as the 'face of depression' for Comic Relief; through taking a successful road show 'Live from the Priory' (in association with Depression Alliance ...

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### **Sane New World: Taming The Mind - PubMed Central (PMC)**

100,000 Midnights , Aaron Smith, Jun 22, 2012, Fiction, . At twenty-two, Eric feels older than he is. His fascination with the past makes him something of an eccentric and he spends most of his time

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**Sane new world : taming the mind (Book, 2013) [WorldCat.org]**

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