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## Positive Mind Therapy: Lessons That Guide and Inspire

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By Rakesh K. Mittal

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Positive Mind Therapy: Lessons That Guide and Inspire, Rakesh K. Mittal, The common concept of humanity revolves round the personality of an individual and that too is often narrowed down to the physical person which is objective and perceivable as an essential tool for social behaviour. But what lies under this exterior is a whole mass of emotions, responses and reactions which activate the physical personality or else the external form is nothing but a mass of dead and inert matter. These two layers of the human personality are clearly discernible even to an outsider. But there is a subtler undercurrent of ideas, thoughts and impressions which serve as a causative layer to the internal personality and from which the emotions responses and reactions arise. In this book, the author has compiled his feelings and experiences at the causative layer depicting how every event of life is a step towards evolution.



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