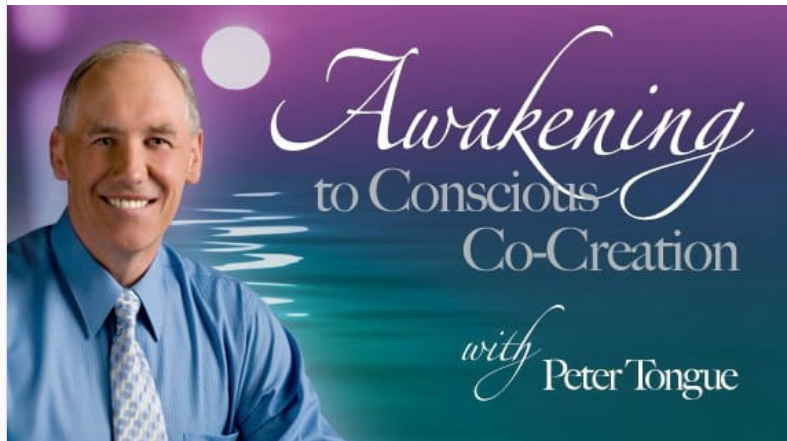


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EMPOWERMENT



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March 6th 2013: THUNK! How to Think Less for Seeking Serenity and Success with Sandy Newbigging

Are you one of those people who just can't stop thinking? Do you think about work? The kids? Money? Ageing parents? What's for dinner? Does it go on and on and on and on? And if you can't switch it off, even when you go to bed, then, according to author Sandy Newbigging - you're being THUNK! His new book, THUNK! How to Think Less for Seeking Serenity and Success, is touching a nerve with stressed out readers. Sandy demonstrates that excessive thinking is stressful for the body and can cause unwanted physical conditions. He is not saying that the mind is bad and that we shouldn't think, just th

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Featured Guest



Sandy Newbigging

Sandy Newbigging has been described as being; approachable, genuine, positive, peaceful and caring. He is the creator of the Mind Detox Method (MDM) and Conscious Awareness Life Meditation (CALM). He is the author of several well-being books, including the Conscious World Awards nominated 'THUNK! How to Think Less for Serenity and Success'. Yoga Magazine recently declared him as being 'one of the best meditation teachers around' and his work has been seen around the world on television channels including Discovery Health. As the founder of the Mind Detox Academy he has trained Practitioners in his method from 14 countries. And as a retreat leader he has run mind body soul detox retreats at s

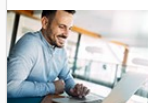
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