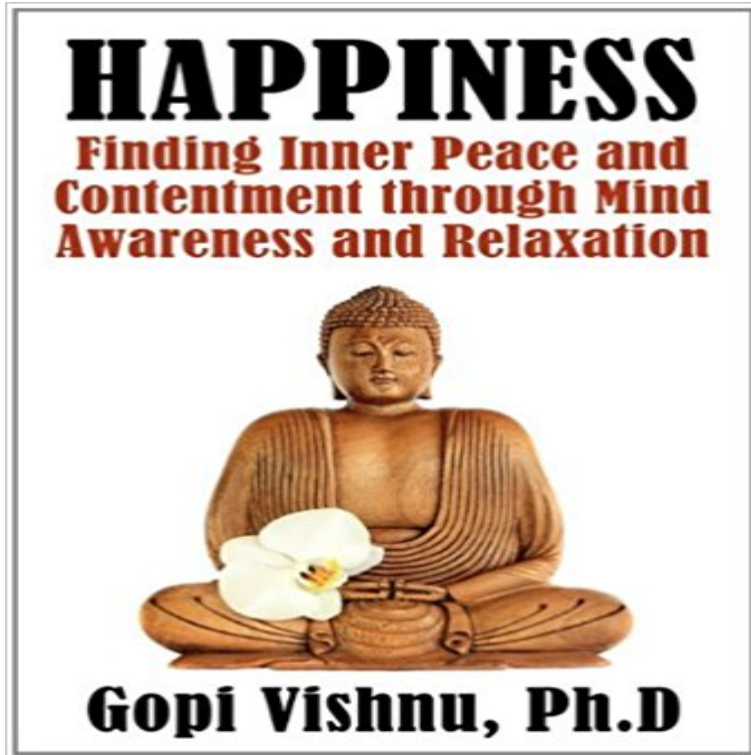


# Happiness: Finding Inner Peace and Contentment Through Mind Awareness and Relaxation



Finally a book that outlines a simple and easy approach to finding inner peace and contentment! Dr. Gopi Vishnu, a leading researcher in the field of human potential and self-actualization, takes the reader through easy to follow steps to achieve happiness through the methods of mind awareness and relaxation. His approach to happiness is a holistic one that encompasses body, mind and spirit, giving you the tools you need to find fulfillment in each and every moment. His teachings will guide you toward deep peace, happiness and inner solace to find the essence of your true spiritual nature, and allow you to embark on life's journey with a renewed sense of purpose. About The Author Gopi Vishnu PH.D is a leading researcher in the human potential movement. He has been featured on radio talk shows from coast to coast helping others to achieve self-actualization, inner peace and contentment. He is considered an authority in the field of stress reduction, stress therapy and cognitive research.

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