

BOOK REVIEW

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Title of the book: The Power Of Your Subconscious Mind ; **Author :** Dr. Joseph Murphy;
Publication: Arushi Book Enterprises; **Year:** 2020.

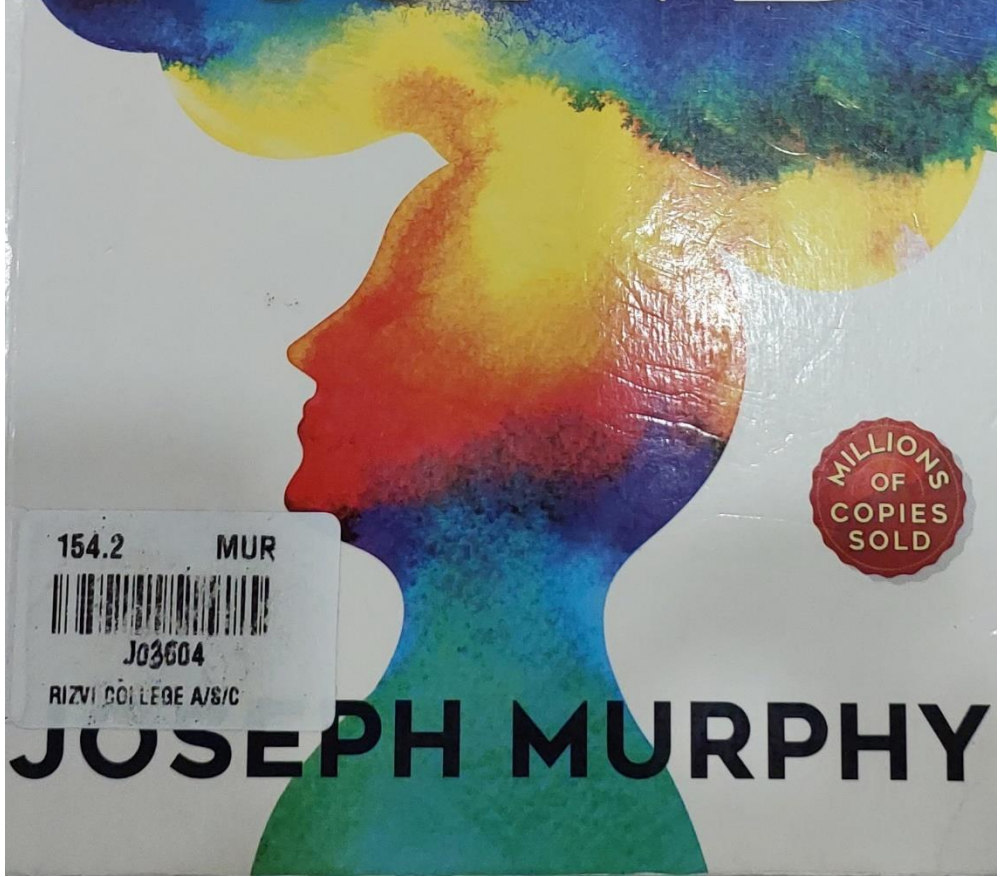
In this book Author focuses on using power of our subconscious mind to live successful and healthy life. He says “ The treasure house is within you”. It emphasize on positive thinking. Author make people believe in the power of subconscious mind to heal, inspire, strengthen and prosper. Our subconscious mind take order from conscious mind and do what it say, so if you trained your conscious mind to think positive, good things follows and if you think negative evil or bad things follows. The book discusses how in ancient times techniques of mental healing was used to cure people. People visits shrines and holy places because of imagination and blind faith. This kind of actions impact on our subconscious mind releasing the healing powers. This book teaches practical techniques also on how to use the power of our subconscious mind.

I chose this book because I also believe in power of subconscious mind and wanted to learn about the technique to use the power of subconscious mind and implement it in my day to day life to enhance my skills to be a better person.

Language of the book is easy to understand. Each chapter is summarized very well in point form. Author narrated many personal incidents very nicely in the book. One point where I don't agree with author where he said, “all disease originates in the mind”. As a biologist I know diseases are caused by various biological reasons and not originates in mind. Though I believe healing of any disease needs treatment as well as strong will power and that will power originates from our subconscious mind.

The book motivate people to excel in their fields, to get cure from disease, to stay fit using power of subconscious mind. It gives positive energy to the reader to live healthy, happy and successful life.

THE
POWER
OF YOUR
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MIND



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