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Dr Ramesh Manocha MBBS BSc (med) PhD is a GP, educator and researcher. His PhD was completed at the Royal Hospital for Women and focused on the scientific evaluation of meditation and the mental silence experience.

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Scientifically based, this is fundamentally different from any meditation book you may have read before. Australian Dr Ramesh Manocha is leading the world in research into the positive impacts of the mental silence experience. His findings show that authentic meditation is easy, enjoyable, health-giving and life-changing. SILENCE YOUR MIND has ...

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