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Dr Ramesh Manocha graduated in medicine from the University of New South Wales. After a number of years in clinical practice he became interested in the clinical applications of meditation. He is now Barry Wren Fellow at the Royal Hospital for Women, Sydney, where he initiated the Meditation Research Program. The ancient tradition of yogaand ...

Silence Your Mind: Amazon.in: Manocha, Ramesh: Books

Author Archives: Dr Ramesh Manocha About Dr Ramesh Manocha 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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Silence Your Mind by Dr. Ramesh Manocha, 9781459661486, available at Book Depository with free delivery worldwide.

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SILENCE YOUR MIND offers a completely new approach to meditation that will help recharge your mental batteries and leave you feeling more positive, dynamic and wholly engaged with the world. Dr Ramesh Manocha is a pioneer of meditation and provides simple and effective 10-minute techniques for everyone's daily routine.

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Silence Your Mind eBook: Manocha, Dr Ramesh: Amazon.in ...

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