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ARE YOU
GETTING
ENLIGHTENED



OR LOSING
YOUR MIND?

A SPIRITUAL PROGRAM FOR MENTAL FITNESS

DENNIS GERSTEN, M.D.

• FOREWORD BY LARRY DOSSEY, M.D. •

Are You Getting Enlightened Or Losing Your Mind

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Are You Getting Enlightened Or Losing Your Mind :

Adopting the Track of Term: An Mental Symphony within **Are You Getting Enlightened Or Losing Your Mind**

In a global used by screens and the ceaseless chatter of instantaneous transmission, the melodic splendor and psychological symphony produced by the prepared word often fade into the background, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Are You Getting Enlightened Or Losing Your Mind** a stunning literary treasure full of fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this interesting masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths of this touching review, we will explore the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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