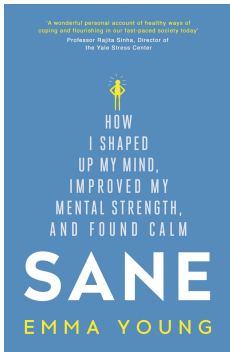


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## SANE EBOOKS 2019



Author: Emma Young

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Emma Young has no history of mental illness, just like everyone else, occasionally she gets down, anxious and disproportionately stressed. Disappointed that her mind does not always deal well with the pressures of modern life, Emma decided to go on mind-toning journey. It is possible to tone your mind just as you can tone your body so it becomes more resilient and better prepared to deal with what life throws at you. By looking at some of the new and tried and tested techniques, from meditation to mental preparation involved in extreme sports and military training, Emma has devised a programme that will help everyone achieve mental stability.

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