



Master The Mind Monkey: 1

Anand Patkar

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Master The Mind Monkey: Experience Your Excellence gently guides you into deeper and deeper levels of understanding of the mind and the tricks it plays. It exposes the deepest truth in a manner that makes it very practical and applicable in one's professional and personal life. The direct and lucid conversational style facilitates you to reach the "Ultimate Understanding". The flow is pleasantly smooth, the words are endearingly down-to-earth and the sentences are refreshingly simple and shorn of clichés.

The book is full of lovely examples and humourous anecdotes that you can easily relate to. It is appreciative and empowering, yet at the same time, compassionately ruthless with falsehood, mental laziness, blame and a lack of commitment.

It is an impactful transformational experience that can serve as the bridge between the roots of Understanding and the fruits of tangible results.

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