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**From depression to happiness-Taking control of your mind
*Cheat codes to a happy life***

[Pembroke Pines, FL], [29-Oct-2022] – Author Gohar Yasin Chaudhary announces a book that is set to become a classic in the self-help genre, *Program Your Mind*.

People often mistake the functions of the mind, causing them to delve into feelings of depression. They are left helpless, facing a flurry of negative racing thoughts to a point where the mind needs to be re-programmed to focus on happiness. Here to give us the cheat codes to taking back control of life is *Program Your Mind* by Gohar Yasin Chaudhary.

It's rare to see a book make it to the market that offers a life-changing path to individuals in the most practical way possible. The comprehensive compilation of exercises outlined in the book harnesses the mind's true potential and helps you persevere and ground negative thoughts that hold you back. For people currently struggling with depression and anxiety, this book is more than just a shoulder to lean on. It gives them elaborate solutions filled with concepts like The Gratitude Grid, association and conditioning of the mind, energy spectrums, attaching energy to thoughts, and a myriad of food for contemplation.

With the growing influence of social media in our lives, people indulge in a needless and futile exercise to garner likes and shares to validate their standings as important and caring individuals. But where happiness seems far-fetched with all the deception and fabrication surrounding us, *Program Your Mind* leads the reader back into the game and helps them emerge stronger.

Stay tuned for a truly life-changing book. Click on the link to learn more!

About the Author

www.goharchaudhary.com/#about

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