

Author: Gohar Yasin Chaudhary

Phone No: +1 (607) 216-8971

Email: goharychaudhary@gmail.com

Gohar Yasin Chaudhary Published a Motivational Narrative Assisting Readers in Resetting Their Mindsets and Managing Behaviors Through the Self-Help Process

Depression, anxiety, and irritability can make a person impulsive when making decisions.

“Program Your Mind” highlights the significance of resetting the mind, freeing it from unnecessary complications, and enabling it to bring peace to the soul.

Every individual has a different mindset, which is why people function differently and even have a unique decision-making approach. Some try to remain calm in challenging situations, while few lose their mind and act out of impulsivity which they regret later.

There are multiple instances in life where people’s thoughts become so heavy that they are forced to act out of impulsivity.

Program Your Mind by Gohar Yasin is a self-help book drafted to enhance personal growth, self-healing, and mastering the mind-body connection. While many self-help books tell individuals to improve their lives, this book guides them on *how to do it*. Rather than just the theory, it helps the reader implement and act toward the self-help process.

Self-help occurs through self-care, which has been clinically proven to eliminate stress, anxiety, and depression. It helps individuals boost self-esteem as they feel more confident and good about themselves. Besides this, self-help enhances self-efficacy – the ability to perform a specific task and improves the overall well-being of a person.

Every person has a supercomputer within their body – the mind.

The author focuses on reprogramming the supercomputer that is your mind. This informational and inspiring guide teaches individuals to discover their true happiness by exploring spiritual energy and healing within their mental capacity.

Program Your Mind is a self-help book that can help readers evolve into the best versions of themselves only if they are willing to change. It teaches one to discover peace despite the cluster of negative thoughts within and around them.

About Author

Gohar Yasin Chaudhary holds a Master's Degree in Electrical Engineering from Cornell University, MBA from LUMS, Bachelor's Degree in Electronics Engineering, and notable qualifications in mind-related studies.

He has spent the first part of his life in academics, the second in building up his business, and the third and last part of his life in contributing back to society, whatever he can, based on his vast exposure and wisdom acquired over the years.

He also conducted many seminars and workshops worldwide to train people to regulate happy emotions and positive vibes and lead successful lives.

For more information

www.goharchaudhary.com/#about

www.amazon.com/author/goharchaudhary

For more information, please feel free to visit the following:

Website: www.goharchaudhary.com

Facebook: <https://www.facebook.com/profile.php?id=100076520204985>

Twitter: @goharychaudhary

Amazon: <https://www.amazon.com/dp/B0BD2MW8X6>