

Author: Gohar Yasin Chaudhary

Phone No: +1 (607) 216-8971

Email: goharychaudhary@gmail.com

Gohar Yasin Chaudhary Publishes a Book Which Assists Readers In Programming Their Minds By Learning To Build a Better Body-Mind Connection

To function daily, a good mind-body connection is required. Everyone deals with stressful situations, and “Program Your Mind” helps individuals maintain a balance by practicing mindfulness to lead a better life.

The mind is a powerful tool that works best collaboratively with the body. From sleep and nutrition to physical activities and movement, the mind-body connection is what leads to strong and healthy well-being.

Chemistry and biology, together, impact not only people’s behaviors and emotions but also their thoughts and beliefs – and, ultimately, their mindsets. According to Gohar, mindsets play a significant role in maintaining a *muscle-mind connection*, also known as *attentional focus*.

Body-mind connections improve the muscle range of motion, which enhances muscle fiber activation. While an individual’s muscles are effectively engaged, their mind and body create muscle memory.

Imagine a driver changing gears with the left hand, controlling the steering with the right one, and using both feet on an accelerator and clutch. This driver uses a majority of the muscles while staying focused. This multi-tasking of the mind and body is incredible.

Program Your Mind by Gohar Yasin is an inspirational guide that motivates readers to grow personally and professionally. It focuses on self-healing and guides individuals through the process of self-help. The book does not just provide people with theories and definitions; it also teaches them to go through step-by-step to work toward achieving their goals through *implementation and action*.

Gohar states that *the more people practice any activity, the faster they become at it, and the usage of sight, attention time, and working memory decreases.*

Every person has a supercomputer in their body – the mind. If this mind can connect with the body, individuals can become successful in every aspect of life. It will help to improve sleep, routine, and productivity.

Having a balance in life is necessary. Exercise and rest are the most important factors in enhancing the connection between mind and body. Exercising helps improve balance, mobility, and motor skills, with other mental health benefits, while resting prepares us for the next time we exercise.

Knowledge and power are yours for the taking! Get your copy of [***Program Your Mind***](#) today.

About the Author

www.goharchaudhary.com/#about

www.amazon.com/author/goharchaudhary

Gohar Yasin Chaudhary holds a Master's Degree in Electrical Engineering from Cornell University, MBA from LUMS, Bachelor's Degree in Electronics Engineering, and some 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 ongoing part of his life contributing to society, whatever he can, based on his vast exposure and wisdom acquired over the years.

He has also conducted many seminars and workshops in different countries to train people to regulate happy emotions and positive vibes and lead successful lives.

For more information, please feel free to visit:

Website: www.goharchaudhary.com

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

Twitter: @goharychaudhary

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