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## **A Revolutionary Deep Dive Inside Your Own Mind**

***Gohar Yasin Chaudhary is orchestrating a revolution in the self-help genre with his book  
'Program Your Mind.'***

The mind is the master of your body. It controls all its functions and keeps a human alive. From making decisions about what a person eats or wears and when they sleep and wake up to keeping all the bodily functions running, A mind does it all. It truly serves the term “master.”

But humans only use a mere 10% of their brain; it is possible to control it. The brain is a complex vessel. How it works is still a mystery. Some factors can cause the brain to rewire, lag or not work to its full capacity, thus hindering an individual's growth and well-being. This can cause serious distress in a person and cause them to build a bubble around themselves, which prevents them from succeeding in their goals.

Gohar is a staunch proponent of the concept that mental strength can overcome physical limitations - a testament to the “mind over matter” principle. He believes any goal or desire is attainable, no matter how lofty. Through rigorous methodologies, unwavering perseverance, and a resilient will, he believes one can rewire their thought processes, transitioning from a pessimistic viewpoint to one brimming with vision and aspiration.

Anxiety, stress, and failures are all a part of life, but not letting them define the outcome of a goal or negatively alter an individual's life is Gohar's ultimate goal. He has devised exercises, insights, and tips on reprogramming a mind to relieve unnecessary pressures, worries, and sorrows.

Grab your copy of [\*Program Your Mind\*](#) today to delve into the glory of mind games.

## **About Gohar Yasin Chaudhary**

Gohar Yasin Chaudhary is a Cornell University *Alumnus*; he holds a double master's degree from Cornell and LUMS in Electrical Engineering and Business Administration, respectively.

He spent most of his life in academics, building a business, and is now focused on giving back to the community through the experiences he gained in his lifetime. He also conducts regular seminars and workshops worldwide to train people to regulate their emotions and lead successful life.

## **For more information**

### **About the Author**

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