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Santosh Nambiar Pens New Guide to Living a Life Void of Fear and Anger



Published 5:00 am, Wednesday, February 6, 2013

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Nation in Focus



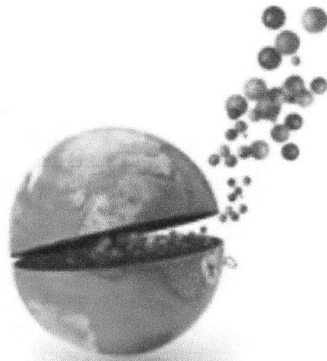
World in Focus



Sleeping babies and kids

A NEW WAY OF LIVING

One simple step to a life without fear.



SANTOSH NAMBIAR

Photo: PRWeb

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'A New Way of Living' details simple steps to a life of love, joy and compassion.

MELBOURNE, Australia (PRWEB) February 06, 2013

"Human beings have never made proper use of the brain," author Santosh Nambiar believes. "Instead, we have used it to store past experiences stored in

the brain as memory through the form of thought." With Nambiar's new book, "A New Way of Living: One simple step to a life without fear" (published by Balboa Press), readers will uncover keys to observing their minds to improve their lives.

Nambiar wonders if humans must continue along the same path, allowing past memories and experiences to control their thoughts and behaviors. "Is there a way to set aside the previous knowledge stored in our brains, quiet the incessant background noise in our heads

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