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"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](#)

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to improve their lives.

Nambiar wonders if humans must continue along the same path, allowing past memories and emotions to control their thoughts and behaviors. "Is there a way to set aside the previous edge stored in our brains, quiet the incessant background noise in our heads and consciously create a new way of life filled with love, joy, beauty, compassion and peace?" he

"A New Way of Living" is a guide to living a [new life](#), free of fear, jealousy, anger and frustration. At just 48 pages, the conventions are logical and simple, allowing readers to easily, and quickly, put each practice to use in their daily lives.

Nambiar further explains his [new guide to life](#):

"Our brain has been programmed for survival, and it has served us well. But it has an immense capacity to do much more than protect us. Through my own personal trials and tribulations, I have discovered a new way of utilizing the brain to let go of fear, anger and stress so we can experience a peaceful life free of pain and suffering. I have discovered that it is possible to create miracles in our life, where joy, peace, compassion and love prevail, and where every moment is fresh and new. This life is available to us now, and we can create it in an instant!"

"A New Way of Living"

By [Santosh Nambiar](#)

Softcover | 5 x 8 in | 48 pages | ISBN 9781452505428

E-Book | 48 pages | ISBN 9781452505435

Available at Amazon and Barnes & Noble

About the Author

www.digitaljournal.com/pr/1056108

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