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Dr Ramesh Manocha is an Australian GP and researcher based at the Discipline of Psychiatry, Sydney Medical School, Sydney University, where he coordinates the Meditation Research Programme. For the past 15 years he has conducted clinical trials and scientific investigations into the practical applications of meditation.

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Australian Dr Ramesh Manocha is leading the world in research into the positive impacts of the mental silence experience. His findings show that authentic meditation is easy, enjoyable, health-giving and life-changing. SILENCE YOUR MIND has sold over 10 000 copies in Australia.

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