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MIND WHISPERING: A New Map to Freedom from Self-Defeating Emotional Habits by Tara Bennett-Goleman, published by Rider, Paperback (352 pages). Mind whispering means attuning to the subtle habits of our minds and hearts, to uncover the qualities deep within us that can allow wisdom to bloom lotus-like out of the mud of confusion.

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## **Mind Whispering: A New Map to Freedom from Self-Defeating ...**

This post is excerpted from Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits and followed by an exclusive blog post from the author below. My stepson, Hanuman, went on a vacation with a girlfriend some years ago.

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