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The Silva Mind Control Method *Simon and Schuster*
Originally published: New York: Simon and Schuster, 1977

The Silva Mind Control Method for Getting Help From the Other Side

The world-famous Silva Method has already helped millions to make positive, dynamic changes in their lives. Now you can discover how to enrich your personal and business life in every area, with techniques that will enable you to: -"See" answers to seemingly insoluble problems-Rid yourself of fatigue and turn blahs to pep-Say goodbye to stress learn to really relax-Communicate more effectively at work and at home-Conquer loss and fears triumph over troubleAnd much, much more!When you see both hemispheres of your brain, you will get touch with your

higher self which will connect you to an even more powerful creative reality. And as you follow the easy, step-by-step instructions contained in THE SILVA MIND METHOD FOR GETTING HELP FROM THE OTHER SIDE, you will put the powers of your higher intelligence to work for a fuller, richer, ever more successful life!

You the Healer *H J Kramer*

Our health as a nation is declining. In addition, it is becoming increasingly clear that allopathic medicine has come to a plateau in its efforts to stem the tide of degenerative disease. As a result, mind-body medicine is a very big topic for the new millennium. You the Healer offers a guide that can help you and your loved ones to live a healthy, disease-free life. Based on the most successful mind development program in the world today, You the Healer offers a complete course in Silva Method healing techniques in a do-it-yourself, forty-day format. By reading one chapter a day and doing the indicated exercises, you can be firmly on the path to wellness in just six weeks.

The Silva Mind Control Method for Getting Help from Your Other Side

This book teaches people to utilize the enormous power of the brain's creative right side, and learn to strengthen their natural insight, banish negative thoughts, improve relationships, get rid of fatigue and stress, and much more.

Mind Control

The Silva Mind Control Method for Business Managers *Independently Published*

Use your whole mind for a new dimension in creative power! The renowned program that has worked for millions worldwide is now specially tailored for managers. This book will help you make yourself, your people, and your organization more successful.

The Silva Mind Control Method

The Silva Mind Control Method of Mental Dynamics

The Silva Method *Career PressInc*

Suggests techniques for improving one's fitness, flexibility, and concentration, and includes advice on losing weight, breaking bad habits, recovering from sports injuries, and remaining focused under pressure

Pathways to Personal Freedom Using the Silva Method *Balboa Press*

Pathways to Personal Freedom using the Silva Method is a compilation of fifty ideas to help uncover the ways of inner bliss that lay dormant within each of us. Happiness and Personal Freedom are concepts that most of us have taken for granted. Society teaches us to please others; look for approval and acceptance from others; check in with those who "know better" than we do; allow our negative thoughts to overtake our actions, our way of life and even health. Each Pathway starts with a quote to encourage thinking and inspiration to bring about a spark of insight that is already known but may have been forgotten along the way. What follows are suggestions and examples from the authors' lives and experiences as to how to achieve bliss and inner harmony. Each will end with an affirmation to be recited in the present time to instill the ideas as if they are already in place and to help enhance this new way of thinking. Some of these ideas may be new and even foreign—but they have stood the test of time and used by many throughout the world. Jose Silva, Sr.

was a pioneer in the study and application of mind control. His youngest daughter, Diana Silva-Mendez and coauthor, Robert Deutchman have put together this labor of love for the benefit of Silva Method enthusiasts, trainers, Silva graduates, and to all who seek to tap into their inner wisdom.

Jose Silva's Everyday ESP *CreateSpace*

Are you a natural psychic and don't know it? Probably. Have you ever thought of somebody, the phone rings, and it's that person? Or perhaps you say something at exactly the same time as a friend says or thinks it. Most people have. This is your natural God-given intuition at work. This book will help you develop and learn how to use your natural ESP to help you in every area of your life. How often do you use your natural ESP? For example, have you ever experienced: *A hunch that pays off? *A dream with useful information? *Unexplained coincidences? Jose Silva's Everyday ESP, by Jose Silva Jr. with Ed Bernd Jr., will help you not only learn how to tap into the natural ability of ESP but it will also help you understand hidden information that you can use to make better decisions in all areas of your life. Imagine if you had a guide who actually knew what lies ahead for you, and who could guide you to success, happiness, and fulfillment. In Jose Silva's Everyday ESP you will learn how to use your ESP to obtain guidance and help from higher intelligence to help you make better decisions and to fulfill your life's mission. Learn to use the scientifically researched and proven Silva Dynamic Meditation System to help you in all areas of life: health, relationships, success, making good decisions, and finding your purpose in life. Wouldn't it be nice to have guidance from higher intelligence as to how to achieve all this? For the first time in any of the many books released by Jose Silva, this book will contain a link to free online audio recordings that will speed up the process. The audio recordings include the Silva Centering Exercise, a conditioning cycle that Jose Silva invested 22 years of scientific research to develop. In just a few hours you can be functioning at the powerful alpha brain wave level. In addition to the resources in the book and on the audio recordings, you can call on a network of Silva UltraMind ESP Systems Instructors throughout the world to help you. Plus, you will also be provided with a link to a special Website with additional resources and provisions to get personal answers to questions about using Jose Silva's UltraMind ESP System to help you live the successful life that higher intelligence envisioned for you. As Jose Silva used to say, "May the rest of your life, be the best of your life." 2nd Edition revised and updated by the Authors in August 2014.

José Silva's Ultramind ESP System *New Page Books*

Shows how to unlock the incredible powers of your own mind and use them to connect to a higher power to obtain the guidance you need to be successful, happy, and fulfilled.

Sales Power, the Silvamind Method for Sales Professionals *CreateSpace*

Increase your sales and income and put more money in your pocket with the SilvaMind Method for Sales Professionals. Learn how to use the Silva techniques in sales. This book includes dozens of case studies in many different lines, along with specific step-by-step instructions so you can do the same. Learn how to use your mind to help you: -Relax and reduce stress, pressure, anxiety, nervousness, tension -Overcome call reluctance -Overcome the fear of rejection, failure, and public speaking -Determine immediately if your prospect is interested in your product, service or idea -Prospect more effectively -Get more appointments -Establish immediate rapport with your prospect - Quickly find your prospect's needs -Increase your client's desire

for your product or service -Improve communications skills - Handle objections smoothly, confidently and easily -Know when to close, and close more effectively -Know what approach to use - Attain and exceed your sales production goals and quotas You will also learn how to: -Improve your memory, recall, concentration and comprehension -Enhance your ability to make decisions and solve problems quickly -Develop and enhance your intuition, insight and creativity -Improve your health and strengthen your immune system -Overcome insomnia, headaches, migraines, burnout and fatigue -Overcome unwanted habits such as smoking, over-eating, alcohol, drugs, procrastination, etc. -Achieve whatever you can conceive and believe. Gain the power of thinking at Alpha Research has shown that there is more information available at the alpha brain wave level than there is at the beta level: -You have better access to information stored in your memory banks -You also have access to information stored on other people's memory banks Think about the best sales people you know: -The top sales people know where to look for business - they are better prospectors, and people often seek them out -They make clear, simple, easy-to-understand presentations -They handle objections smoothly, in a way that reassures the customer and even gives them an additional reason to buy -They know when to close, how to ask for the order in such a simple way that customers don't give it a second thought If you want to dramatically increase your sales and income, you can do it. If you want to be recognized as a leader in your profession, this is now within your grasp. If you want to provide all the things you'd like for yourself and your loved ones, the choice is up to you. Follow the simple instructions in this book and join millions of people who have used José Silva's pioneering mind training system to change their lives for the better. Sales Power has been a worldwide bestseller for more than 20 years. It has been translated into more than a dozen languages and people around the world have said: Thank you José Silva, for showing me how to change my life for the better. Start NOW There is No Other Way except to begin NOW.

Silva Ultramind Systems Persuasive Thoughts *G&D Media*

Program your brain and mind for greater success.

Jose Silva's Guide to Mental Training for Fitness and Sports *CreateSpace*

Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as when you practice physically. When you combine physical and mental practice, your results are far greater. Now the world's Number One mind training program will show you how. Whether you are a pro, a weekend warrior, of a fitness fanatic, this book is for you. You've seen athletes do it in all sports: *Members of the Olympic bobsled team just before their run, eyes closed, their bodies swaying back and forth as they visualize the run *Professional basketball players mimicking the free throw, picturing it mentally, before actually taking the ball and shooting it *The pro golf champion on the tee visualizing his drive. Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as you will when you practice physically. And when you combine both physical and mental practice, your results are far greater. Silva graduates report they have been able to: *Learn what they need to know, faster and easier. *Train their bodies to perform better by visualizing at the correct level of mind *Improve their intuition and anticipation so that they do the right thing at the right time more often, automatically *Manage pain, and recover from injuries faster *Program themselves for success Play the mental game like the superstars do Whether you are a

beginner or a world champion, there are techniques in this book that you can use to develop your physical and mental skills. Don't just sit and watch other people enjoying the rewards of success - get up and get involved. Enjoy the benefits of better health, attractive appearance, the recognition for what you have accomplished, and the personal satisfaction of knowing that you achieved something worthwhile. Use the techniques to help you achieve your training and athletic goals, to get the body you want, and to live the healthy, successful life that you deserve. National and World Champions featured in Jose Silva's Guide to Mental Training for Fitness and Sports: *Find out how the practical aspects of the Silva Method enabled Vidheya, a young Italian girl, to become National Martial Arts Champion *World Series MVP Bucky Dent tells how the Silva Method helped his career, and why he recommends it to his younger players *Bruce Schneider details how he used Silva techniques to help him hit a home run in the bottom of the 9th inning that won the game and qualified his team for the slow pitch softball World Series *Rafael "Paeng" Nepomuceno of the Philippines explains how the Silva techniques helped him win the World Cup of Bowling *Internationally known sports psychologist Andrzej Wojcikiewicz explains how the Silva techniques helped the Canadian National Fencing Team improve dramatically and do better than expected in the Barcelona Olympics. Young athletes benefit: *Learn how the Silva techniques helped Natalie Lacuesta, an 11-year old Illinois girl and the youngest member of her team, achieve the Number One ranking in the United States in rhythmic gymnastics *Discover the simple technique that basketball coach Hector Chacon used in his halftime talk that turned a group of athletes that experts considered losers, into winners *Learn how Dana Sheets, who believed Jose Silva when he told her she could accomplish anything, used programming and physical practice to make her high school's varsity tennis team as a freshman Older athletes feel young again: *An Ohio man explains why the Silva System was invaluable in giving him the stamina to earn his black belt in karate at the age of 57 *Learn why a 79-year-old marathon runner praises the Silva techniques Join these people in the Winners Circle with Jose Silva's step-by-step guidance in this outstanding book.

Silva Mind Control

"This course is specifically tailored for the business personnel of today."--Course flyer.

The Silva Method

Silva Ultramind Systems ESP for Business Success *Gildan Media LLC aka G&D Media*

Whether you are a business executive or a home worker, an entrepreneur or freelancer, Jose Silva's UltraMind Systems ESP for Business Success gives you the winning mindset you need to succeed. *Oprah Winfrey said: "The more we can tune in to our intuition, the better off we are." * Steve Jobs called it "more powerful than intellect." * Albert Einstein said it is "the sacred gift." Your knowledge, mind power, and inner strength will give you the only real job security that exists. This book will help you: Make better decisions Improve efficiency Boost your confidence Communicate better Find hidden information Anticipate the future Plan for what lies ahead Create a better world The UltraMind ESP System is the culmination of the life work of Silva Method founder Jos  Silva. Start today, because the greatest discovery you will ever make is the power of your own mind.

I Am Getting Better and Better *Createspace Independent Publishing Platform*

Auto-suggestion is disconcerting in its simplicity. To the uninitiated, auto-suggestion or self-mastery is likely to appear disconcerting in its simplicity. But does not every discovery, every invention, seem simple and ordinary once it has become vulgarized and the details or mechanism of it known to the man in the street? Think of all the forces of the Universe ready to serve us. Yet centuries elapsed before man penetrated their secret and discovered the means of utilizing them. It is the same in the domain of thought and mind: we have at our service forces of transcendent value of which we are either completely ignorant or else only vaguely conscious. Power of auto-suggestion known in the Middle Ages. The power of thought, of idea, is incommensurable, is immeasurable. The world is dominated by thought. The human being individually is also entirely governed by his own thoughts, good or bad. The powerful action of the mind over the body, which explains the effects of suggestion, was well known to the great thinkers of the Middle Ages, whose vigorous intelligence embraced the sum of human knowledge. Every idea conceived by the mind, says Saint Thomas, is an order which the organism obeys. It can also, he adds, engender a disease or cure it. The efficaciousness of auto-suggestion could not be more plainly stated. Pythagoras and Aristotle taught auto-suggestion. We know, indeed, that the whole human organism is governed by the nervous system, the centre of which is the brain-the seat of thought. In other words, the brain, or mind, controls every cell, every organ, and every function of the body. That being so, is it not clear that by means of thought we are the absolute masters of our physical organism and that, as the Ancients showed centuries ago, thought-or suggestion-can and does produce disease or cure it? Pythagoras taught the principles of auto-suggestion to his disciples. He wrote: "God the Father, deliver them from their sufferings, and show them what supernatural power is at their call." Even more definite is the doctrine of Aristotle, which taught that "a vivid imagination compels the body to obey it, for it is a natural principle of movement. Imagination, indeed, governs all the forces of sensibility, while the latter, in its turn, controls the beating of the heart, and through it sets in motion all vital functions; thus the entire organism may be rapidly modified. Nevertheless, however vivid the imagination, it cannot change the form of a hand or foot or other member." I have particular satisfaction in recalling this element of Aristotle's teaching, because it contains two of the most important, nay, essential principles of my own method of auto-suggestion: 1. The dominating role of the imagination. 2. The results to be expected from the practice of auto-suggestion must necessarily be limited to those coming within the bounds of physical possibility. Unfortunately, all these great truths, handed down from antiquity, have been transmitted in the cloudy garb of abstract notions, or shrouded in the mystery of esoteric secrecy, and thus have appeared inaccessible to the ordinary mortal. If I have had the privilege of discerning the hidden meaning of the old philosophers, or extracting the essence of a vital principle, and of formulating it in a manner extremely simple and comprehensible to modern humanity, I have also had the joy of seeing it practiced with success by thousands of sufferers for more than a score of years. I hope to show, moreover, that the domain of application of auto-suggestion is practically unlimited. Not only are we able to control and modify our physical functions, but we can develop in any desired direction our moral and mental faculties merely by the proper exercise of suggestion: in the field of education there is vast scope for suggestion. Nothing is impossible to us, except, of course, that which is contrary to the laws of Nature and the Universe."

The Silva Method *Souvenir Press*

Millions of people, from Olympic athletes to international businessmen, actors and doctors have used the Silva Method's secret of 'creative visualisation'--the ability to 'see' what you desire and then make it happen. With this groundbreaking book you can learn the technique step by step, until you too can reach your alpha level at will.

The Silva Mind Control Method of Mental Dynamics

The Silva mind control method for business managers

José Silva

Part I: A biography of Jose Silva, creator of the Silva Method. Part II: A practical summary of the Silva Method.

The Buddha and the Badass *Rodale Books*

NEW YORK TIMES, USA TODAY, AND #1 WALL STREET JOURNAL BESTSELLER • Forget hustling. This book, from the author of *The Code of the Extraordinary Mind*, will disrupt your deeply held beliefs about work, success, and, indeed, life. If you're the average person in the developed world, you spend 70 percent of your waking hours at work. And if you're the average person, you're miserable for most of those hours. This is simply not an acceptable state of affairs for your one shot at life. No matter your station, you possess incredible unique powers. It's a modern myth that hard work and hustle are the paths to success. Inside you is a soul. And once you unleash it fully into the domain of work, magic happens. Awakening the Buddha and the Badass inside you is a process that will disrupt the way you work altogether. You'll gain access to tools that bend the very rules of reality. • The Buddha is the archetype of the spiritual master. The person who can live in this world but also move with an ease, grace, and flow that comes from inner awareness and alignment. • The Badass is the archetype of the changemaker. This is the person who is out there creating change, building, coding, writing, inventing, leading. The badass represents the benevolent disruptor—the person challenging the norms so we can be better as a species. Once you integrate the skill sets of both archetypes, you will experience life at a different level from most people. You will operate from a space of bliss, ease, inspiration, and abundance. *The Buddha and the Badass: The Secret Spiritual Art of Succeeding at Work* will show you how. Author of the New York Times bestseller *The Code of the Extraordinary Mind* and founder of Mindvalley, Vishen Lakhiani has turned his own life and company into his research lab. He's codified everything he's learned into the how-to steps in this book. *The Buddha and the Badass* teaches you how to master your work and your life.

The Skeptic's Dictionary *Wiley*

A wealth of evidence for doubters and disbelievers "Whether it's the latest shark cartilage scam, or some new 'repressed memory' idiocy that besets you, I suggest you carry a copy of this dictionary at all times, or at least have it within reach as first aid for psychic attacks. We need all the help we can get." -James Randi, President, James Randi Educational Foundation, randi.org "From alternative medicine, aliens, and psychics to the farthest shores of science and beyond, Robert Carroll presents a fascinating look at some of humanity's most strange and wonderful ideas. Refreshing and witty, both believers and unbelievers will find this compendium complete and captivating. Buy this book and feed your head!" -Clifford Pickover, author of *The Stars of Heaven and Dreaming the Future* "A refreshing compendium of clear thinking, a welcome and potent antidote to the reams of books on the supernatural and pseudoscientific." -John Allen Paulos, author of *Innumeracy* and *A Mathematician*

Reads the Newspaper "This book covers an amazing range of topics and can protect many people from being scammed." -Stephen Barrett, M.D., quackwatch.org Featuring close to 400 definitions, arguments, and essays on topics ranging from acupuncture to zombies, *The Skeptic's Dictionary* is a lively, commonsense trove of detailed information on all things supernatural, occult, paranormal, and pseudoscientific. It covers such categories as alternative medicine; cryptozoology; extraterrestrials and UFOs; frauds and hoaxes; junk science; logic and perception; New Age energy; and the psychic. For the open-minded seeker, the soft or hardened skeptic, and the believing doubter, this book offers a remarkable range of information that puts to the test the best arguments of true believers.

For Parents Only

Jose Silva's Everyday ESP

Jose Silva's *Everyday ESP* will help you not only learn how to tap into the natural ability of ESP but it will also help you understand hidden information that you can use to make better decisions in all areas of your life. Imagine if you had a guide who actually knew what lies ahead for you, and who could guide you to success, happiness, and fulfillment. In Jose Silva's *Everyday ESP* you will learn how to use your ESP to obtain guidance and help from higher intelligence to help you make better decisions and to fulfill your life's mission. Learn to use the scientifically researched and proven Silva Dynamic Meditation System to help you in all areas of life: health, relationships, success, making good decisions, and finding your purpose in life. Wouldn't it be nice to have guidance from higher intelligence as to how to achieve all this? For the first time in any of the many books released by Jose Silva, this book will contain an audio CD to speed up the process. The CD contains the Silva Centering Exercise, a practice Jose Silva invested 22 years of scientific research to develop. In just a few hours you can be functioning at the powerful alpha brain wave level. In addition to the resources in the book and on the audio CD, you can call on a network of Silva instructors throughout the world to help you. Plus, you will also be provided with a link to a special Website with additional resources and provisions to get personal answers to questions about using Silva's System to help you live the successful life that higher intelligence envisioned for you. As Jose Silva used to say, "May the rest of your life, be the best of your life."

The Silva Mind Control Method

Silva Mind Control Method for Business Managers

Silva UltraMind's Intuitive Guidance System for Business *Hachette UK*

SILVA ULTRAMIND'S INTUITIVE GUIDANCE SYSTEM FOR BUSINESS The secret to business success is intuition. It's not just a matter of following your hunches. It's about following the right hunches. Being able to sense people's inner thoughts and needs helps you say and do the things needed to quickly reach your goals and achieve success. Many people know this, but many also believe that a good sense of intuition is something that you're just born with—not something that you can develop and train. Jose Silva, developer of the world-famous Silva Mind Control Method, had proved them wrong. Now, with Mr. Silva's state-of-the-art UltraMind Intuitive Guidance System for Business, you can learn how to use your intuition regularly and reliably. You will learn how to: Program yourself to do the right thing at the right time in order to take advantage of opportunities and increase income. Sense what other people's real wants and needs are so that you

can say the right thing at the right time when negotiating, managing subordinates, or reporting to superiors and shareholders. Learn mental techniques to establish immediate rapport with co-workers, customers, clients, and suppliers. Program your work environment for success. Trust your judgment and your decisions and end doubt and second-guessing.

The Code of the Extraordinary Mind *Rodale*

What if everything we think we know about how the world works--our ideas of love, education, spirituality, work, happiness, and love--are based on Brules (bullsh*t rules) that get passed from generation to generation and are long past their expiration date? This book teaches you to think like some of the greatest non-conformist minds of our era, to question, challenge, hack, and create new rules for YOUR life so you can define success on your own terms. The Code of the Extraordinary Mind is a blueprint of laws to break us free from the shackles of an ordinary life. It makes a case that everything we know about the world is shaped by conditioning and habit. And thus, most people live their lives based on limiting rules and outdated beliefs about pretty much everything--love, work, money, parenting, sex, health, and more--which they inherit and pass on from generation to generation. But what if you could remove these outdated ideas and start anew? What would your life look like if you could forget the rules of the past, and redefine what happiness, purpose, and success mean for you? Not Just a Book, but a Movement Blending computational thinking, integral theory, modern spirituality, evolutionary biology, and humor, personal growth entrepreneur Vishen Lakhiani provides a revolutionary 10-point framework for understanding and enhancing the human self. You will learn about bending reality. You will learn how to apply unique models like consciousness engineering to help you learn and grow at speeds like never before. You will learn to make a dent in the universe and discover your quest. This framework is based on Lakhiani's personal experiences, the 5 million people he's reached through Mindvalley, and 200 hours of interviews and questions posed to incredible minds, including Elon Musk, Richard Branson, Peter Diamandis, Ken Wilber, Dean Kamen, Arianna Huffington, Michael Beckwith, and other legendary leaders. In a unique fusion of cutting-edge ideas, personal stories, irreverence, and a brilliant teaching style, Lakhiani reveals the 10 powerful laws that form a step-by-step process that you can apply to life to shed years of struggle and elevate yourself to exceptional new heights. The 10 Laws to an Extraordinary Life This book challenges conventional ideas of relationships, goal-setting, mindfulness, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, and humorous irreverence, and not to mention, humor and napkin diagrams, this framework combines computational thinking with personal growth to provide a powerful framework for re-coding yourself--and replacing old, limiting models that hold you back with new, empowering beliefs and behaviors that set you on the path toward an extraordinary life. A life of more happiness and achievement than you might have dared to dream possible. Once you discover the code, you will question your limits and realize that there are none. Step into a new understanding of the world around you and your place in it, and find yourself operating at a new, extraordinary level in every way...happiness, purpose, fulfilment, and love. This Book Is a Living, Breathing Manifesto That Goes Beyond a Traditional Publication For those who want more, The Code of the Extraordinary Mind connects to a full on immersive experience including ways for you to dive into particular chapters to unlock additional videos or training and connect with each other and the author to learn via peer-to-peer learning networks.

Sales Power *Perigee*

Shows how to use the meditation and visualization techniques of the Silva Mind Control system to achieve success in selling

Subjective Communication *CreateSpace*

What is Subjective Communication? Subjective Communication is a natural ability that all of the highly successful people on our planet have in common. Subjective Communication is the ability that permits people to know more than their physical senses alone can tell them. Subjective Communication is the one "secret of success" that people have sought to reveal for thousands of years, yet remained hidden because those who had it did not realize that the way they functioned was different from the way the vast majority of people function, and those who didn't have it considered it so unlikely that they doubted its existence. For the fortunate few who, through natural means, developed the ability to use subjective communications to know more than the majority of people, life has been a fabulous success. These people - about ten percent of the population - are the ones we consider "lucky." Though they do no more work than other people, they prosper. Though they are no more persistent than millions of others, they succeed while others fail. Though they are no more intelligent than the masses, we call them geniuses. You can develop this ability. All humans are born with the potential to communicate in more ways than through the physical senses. It is your mind, and your phenomenal imagination, that makes you human. In this book, you will learn why imagination is not only used for make believe, but is also used as a communications tool. You will learn exactly what human intelligence is, and what mind is, and how these function in another - invisible-to-the-human-eyes - dimension where we exchange vital information that helps improve our relationships, our decision making ability, and our chances for success and happiness in this life. You will have a rare opportunity to look inside the mind of a genius, a natural psychic who has been using this ability for more than sixty years, as this genius is interviewed by a veteran newspaper reporter turned researcher. This insight and understanding will help you develop your own abilities. Never before has there been a book like this one, that strips the mystery away and explains in simple language exactly what this thing called ESP really is and how you can learn to use it like the most successful people in our world do. It is your heritage as a human being. Use it.

Man the Healer

The "Silva Method" of Mind Control® Presents the Silva Dynamic Meditation System (El Sistema Silva de Meditacion Dinamica)

Create a Genius

A miraculous guide for parents to use the world-famous Silva Method to conceive, raise, and educate a brilliant child who will thrive and improve the world.

Decision Making and Goal Setting

The strategies listed in this book are based on the ideas of Jose Silva, creator of the Silva Mind Control Method. Strategies are listed for goal setting and decision making.

The Silva Method

Truly Frank *Penguin UK*

Passionate, gossipy, opinionated and seriously entertaining, Truly Frank is an instant classic of journalistic memoir. Journalist Frank McDonald is best known as, in the words of Bob Geldof, 'a

permanent thorn in the fat arse of municipal pretension'. The scourge of negligent planners, unscrupulous property developers and cynical politicians, and champion of environmental protection and sustainable development, McDonald's work in the Irish Times has been key to grasping how Ireland actually works. McDonald's sense of mission grew out of an endlessly enquiring mind. After a happy 1950s childhood in a conventional Catholic home he ventured forth - into Dublin's hidden gay scene, into student politics at UCD, into the worlds of journalism, architecture and Ireland's beau monde, into a life of travel - always in a spirit of

openness and unmitigated curiosity. The rewards in friendship, knowledge and understanding have been immeasurable. Now, in Truly Frank, McDonald tells the stories behind his public and private lives - his long and fruitful career, his activism and legendary battles, his deep ties to family and friends, his four-decade partnership with his spouse Eamon Slater. 'Although, as a journalist, I have never shied away from revealing what I believe to be true, revisiting my life and times has been as challenging as it has been therapeutic and even enjoyable ...'

Mind development and stress control