



# The Silva Mind Control Method of Mental Dynamics

*Jose Silva*

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## **The Silva Mind Control Method of Mental Dynamics** Jose Silva

Since 1966, a self-made man named Jose Silva has spread his message to over 5,000,000 people worldwide. The message: within our minds is the power to solve any problem, overcome any difficulty, and reach a consistent level of dynamic well-being. Based on the Silva meditation technique - carefully taught in this program - you will learn:

- How to break addictions and destructive habits permanently.
- How to undo the negative patterns established earlier in your life.
- The principles that will reveal the extraordinary power of your mind.
- How to overcome the stress of modern life.
- The natural rhythm of life - that can help you overcome any crisis.
- How to use your untapped mental energy in your career, business or financial life - and to understand the true meaning of success.

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