



# Mind Tricks: Ancient and Modern (Wooden Books)

*Steven Saunders*

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**Mind Tricks: Ancient and Modern (Wooden Books)** Steven Saunders

A journey through some of the most fascinating and effective tricks of the mind.

From the earliest times, we have known and applied the ancient adage "It's all in the mind." Internationally recognized self-development master Steven Saunders presents a compendium of more than four thousand years of unbelievable memory tricks, phobia cures, and much more—from how Vedic astronomers remembered long numbers and how ancient Greeks dealt with angry customers to how to accelerate your healing processes. With clear examples adapting ancient techniques for the modern world, and illustrated throughout with humorous graphics, this book can change your life.

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