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Virtualizing SQL Server with VMwareSymmetry and Spectroscopy of MoleculesPlanetary IntelligenceSilence Your Mind

Virtualizing SQL Server with VMware

Imagine feeling more aware, confident, and energetic. Develop your "seventh sense," connect with the power of the planet in a way you never thought possible, and get ready to enjoy the ride. Planetary Intelligence shows you 101 simple activities designed to help you slow down, smell the roses, and actually feel the energy that keeps our earth spinning through the cosmos. It's the ultimate tonic for keeping life fresh, alive, and meaningful.

Symmetry and Spectroscopy of Molecules

Offers techniques, tips, and insights into squeezing maximum performance out of a virtualized database.

Planetary Intelligence

Can't sleep because your thoughts won't switch off? Ever walked into a room to get something, only to realise you've forgotten what you were looking for? Does a constant stream of unnecessary chatter run through your head? Do you wish you could stop that mental noise whenever you wanted to? Australian bestseller SILENCE YOUR MIND offers a completely new approach to meditation - the experience of mental silence - that will help recharge your mental batteries and leave you feeling more positive, dynamic and wholly engaged with the world. It clearly explains how just 10 to 15 minutes of simple meditation practice each day can turn off that unnecessary mental chatter, thereby awakening your hidden abilities in work, sport, studies and creative pursuits. Scientifically based, this is fundamentally different from any meditation book you may have read before. 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. Royalties from its sale are directed to further research and educational activities in the field of meditation.

Silence Your Mind

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