



Mind What Matters: A Pep Talk for Humanity

John Viscount

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Written by the creator of the celebrated film for peace, Admissions, winner of 25 International Awards, *Mind What Matters. A Pep Talk for Humanity* is an inspiring collection of stories and writings that eloquently illustrate how to remain in the peaceful sanctuary of our higher mind no matter what the world serves up. This rich treasure of healing philosophy identifies life-changing shifts in thought that have helped human beings from all walks of life transcend the perennial obstacles to achieving happiness. John Viscount's entertaining writing style expresses a powerful new voice on the literary stage and serves as a profound and uplifting guide to personal transformation.

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