

**The Attentive Mind Workbook: Self-healing Through
Meditation By Alan P. McAllister**

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Matthew P McAllister (2015) : The Attentive Mind Workbook: Self-healing through meditation Alan P. McAllister Paperback. Attentive Mind Press, 2012-04-16

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Silva Mind Control: Definition: A self-help program designed they co-wrote the book The Silva Mind Control Method of Increasing healing rates in self,

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View Alan McAllister's (Canada) professional profile on LinkedIn. My book, The Attentive Mind Workbook, Self-healing through Meditation, was published in

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Alan McAllister - Psychologist - Bancroft Family Health Team Recently, my book, The Attentive Mind Workbook, Self-healing through Meditation, was published.

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Alan McAllister Dr. Alan McAllister is the lead clinician on the Attentive Mind team. He wrote The Attentive Mind Workbook: Self-healing through meditation,

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