

Conversations About Living

Positive Thinking: A Myth



“Positive thinking takes away from the present moment”
Dr Shyam Bhat MD

In this **Conversations About Living** event, Dr Shyam Bhat debunks myths about positive thinking

- Positive thinking is a crutch. Go beyond negativity and positivity.
- What is the difference between positive thinking and positive feeling?
- Why positive thinking can sap your mind and body?
- What is a transcendental positive attitude?

When : Saturday, August 1st 2009

**Where : Indian Institute of World Culture, 6 BP Wadia Road,
Basavangudi, Bangalore**

Time : 6pm - 8 pm

Entry : Free

Conversations About Living is an initiative of **Nirvikalpa: The Center for Human Potential**, a not for profit organization devoted to the exploration and development of human potential.

Dr Shyam Bhat MD is an integrative medicine specialist and neuropsychiatrist, who integrates western medicine and psychiatry with Yoga psychology and eastern healing traditions.

www.shyambhat.com