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Whispering teaches how to manage our brains, and incorporate the timeless wisdom of mindfulness into everyday situations.

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Tara Bennett-Goleman, M.A., is a



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teacher, author, and psychotherapist.  
She is the author of the New York  
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How the Mind Can Heal the Heart  
(Harmony Books, 2001) and Mind  
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employs—empathizing and becoming attuned to another living being—can also help us humans understand and modify our own behavior.

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In Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits, Tara Bennett-Goleman shows how the same skills that a "whisperer" employs--empathizing and becoming attuned to another living being--can also help us humans understand and

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