

Deeply Transformative Mirror for the Mind Book NOW AVAILABLE on Amazon

New Year's Resolutions on Steroids - THIS BOOK WILL CHANGE YOUR LIFE!! Get your copy of the Mirror now before they sell out!

PHILADELPHIA, PA, UNITED STATES, January 1, 2026 /EINPresswire.com/ -- "Mirror for the Mind—A Tribute to the Wisdom of Humanity" is not just a book—it's a truly transformative experience. Chock full of over 1,300 deeply profound, time-tested [nuggets of wisdom](#), this personally authored compilation of spiritual and philosophical adages will take you to another level, no matter who you are or where you are in life. It will undoubtedly change the way you think—about others, about the nature of humanity, and most importantly, about yourself and your direction on the journey through this magical existence we share together.

The Mirror is available NOW on [Amazon.com](#) in hardcover (recommended), paperback, and digital formats.

Please visit Mirror for the Mind's website ([www.mirrorforthemind.com](#)) for more information and on various social media platforms (including TikTok, Instagram, X, and Facebook) at the handle @Mirror4Mind.

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If one wants to give others the gift of beauty and awareness, simply hand them a Mirror.”

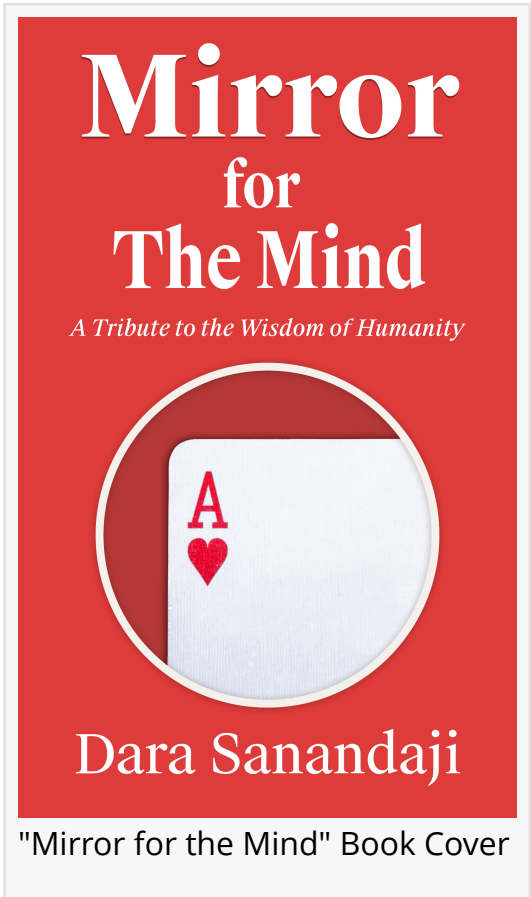
Dara Sanandaji

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*Note: Volume II of the “Mirror for The Mind” series is also in the works and will be released in the Spring of 2026.

About the Author:

Dara Sanandaji was born in Tehran, Iran and grew up in the western suburbs of Chicago. He went on to graduate from Dartmouth College in 2000, where he earned a B.A. in Economics and studied abroad at the University Autónoma de Madrid. He then



"Mirror for the Mind" Book Cover

graduated from Chicago-Kent College of Law in 2006 and later worked in the financial services sector, where he earned his Certified Financial Planner (CFP®) designation in 2011. A few years later, Dara transitioned into the creative arts, including writing and filmmaking, and since then he has written, directed, produced, and edited two award-winning feature-length documentary films ("Breaking the Silence" and "Two Weeks with Dada") and published two books ("Breaking the Silence" and "Mirror for the Mind"). Dara also runs an independent general consulting business where he assists select individuals and companies to



Dara Sanandaji

discover creative solutions to their most pressing issues. Being a staunch mental health advocate as well, Dara consulted for a psychosis clinic at a renowned Chicago hospital, designing and building out their robust peer support program. Dara is now dipping his toes into screenwriting for both film and television, as well as public speaking and mentoring. Incidentally, he hosted his own independent radio show, "The Big Picture Radio Show," in Chicago in 2014.

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