

Mindful 3D for Philosophy 2: 1-Hour Wisdom Volume 2

Dr. Leo Lesley



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- Decrease stress and anxiety
- Relax & enjoy your life more
- Boost your inner **peace**
- Be more content & present
- Focus your mind
- Connect with others better
- Improve your **memory**
- Improve your effectiveness
- Find contentment and joy
- Sleep better
- Increase cognitive flexibility
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- Advance your quality of life
- Value your skills
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- Helps yoga, relaxation & meditation



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