



How to Meditate in 30 Minutes: A Clear Guide For A Clear Mind

Ilan Bendelman

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Thoughts running through our heads can prevent us from fully enjoying life, and can even keep us up at night preventing us from enjoying sleep. It's time to change that.

Ancient civilizations have used meditation for thousands of years, and now we are seeing a massive trend of top CEOs and athletes starting to use this very same mind-clearing method to increase their performance, and excel at anything they place their focus on.

Join me as I guide you through a super-straightforward tutorial that will have you meditation-ready in 30 minutes or less.

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David Baker:

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