

MEDITATION BENEFITS



Concentration
increase



Kindness increase



Self-esteem
improve



Control pain



Reduce stress



Overcome addiction

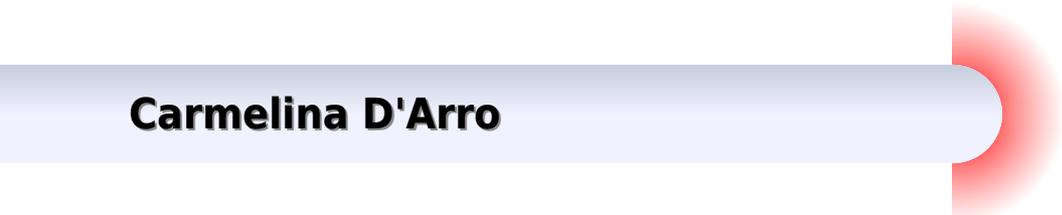


Manage anxiety



Mindfulness Meditation Pro

Carmelina D'Arro



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