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Dr. John Snow

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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**
- Gain self-**compassion**
- Advance your quality of life
- Value your skills
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- Helps **yoga**, **relaxation** & **meditation**

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