

Quoted from Randy Taran's book

Emotional Advantage

MINDFULNESS



Increases:

01

Increases self-awareness

02

Increases focus and concentration

03

Helps you sleep better

04

Improves relationships and social connection

05

Boosts immune system

06

Enhances mental strength

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www.LiveEverythingMindful.com



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MINDFULNESS

Decreases:



03

Lowers blood pressure

04

Eases inflammation

01

Reduces loneliness

05

Lowers cortisol, easing stress and anxiety

02

Decreases painful thoughts and feelings

06

Lowers emotional reactivity

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