

# BENEFITS OF Meditation



BRAIN EMPOWERMENT



MIND FOCUS



STRESS RELIEF



REACH GOALS



MOOD ENHANCEMENT



SELF-CENTERED



BALANCE



FEEL CONNECTED



BOOST IMMUNE SYSTEM



ANTIOXIDANT



HEALTHY HEART



INCREASE ENERGY

MIND AND BODY HEALING



# Mindfulness Meditation

**Terry C. Jones**



## **Mindfulness Meditation:**

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