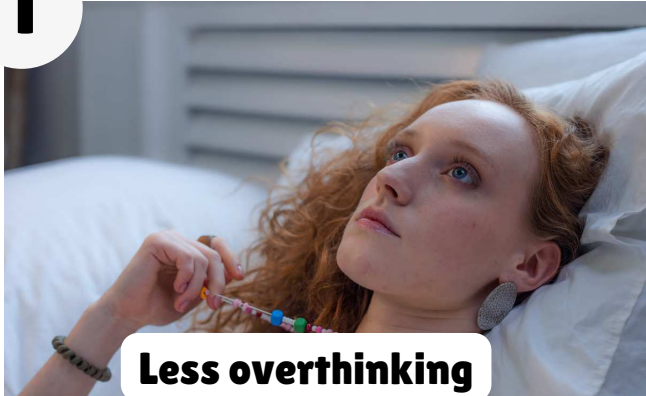


6 Reasons Mindfulness is a Superpower

Mindfulness has been widely studied and has a number of evidence-based benefits. Here are just a few of them:

1



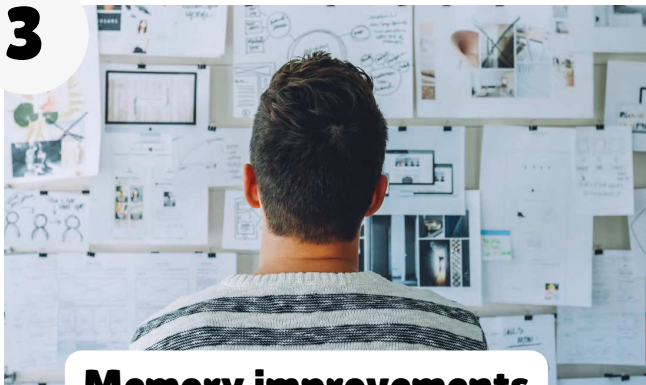
Less overthinking

2



Stress reduction

3



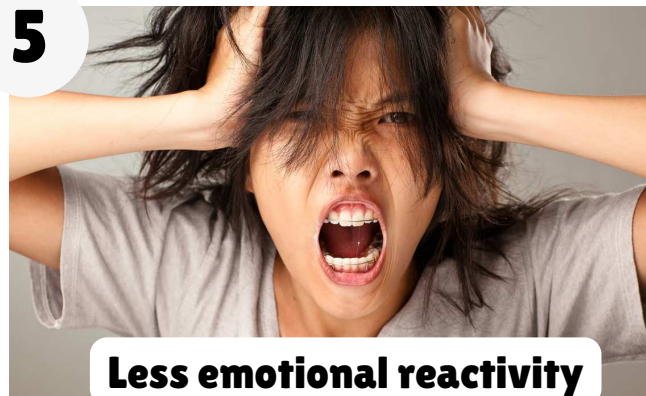
Memory improvements

4



Improved focus

5



Less emotional reactivity

6



Improved relationships