

What To Do When Meditation Doesn't Work For You

1



Try different techniques

2



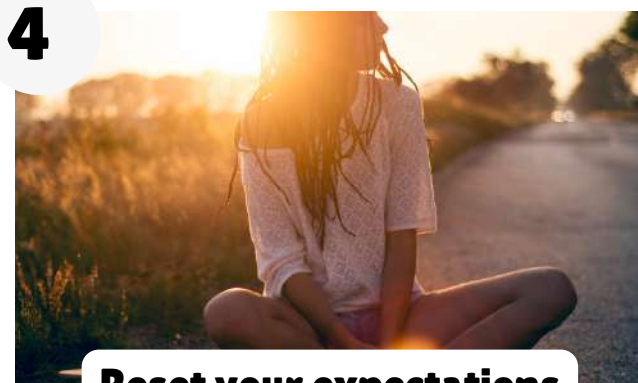
Meditate for longer

3



Do an 8-week MBSR course

4



Reset your expectations

5



Keep meditating