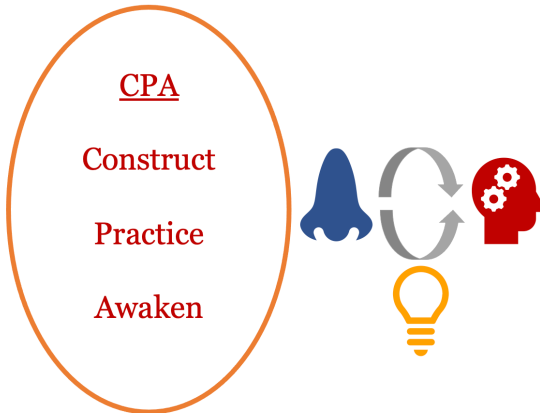


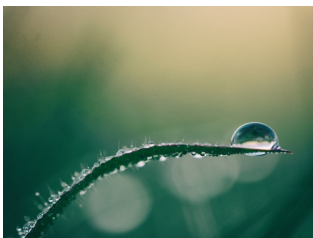
Practice Daily. Rewire. Mental Workout.

The CPA 8 Minute Mindfulness Practice™

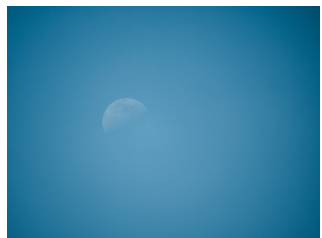


Let Go of the Count 1-8 & 8-1.

A Subtle State of Mind = Clarity of Thought



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Pause. Pace. Prosper.