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Gaming Mindfulness: 3D Zen (Volume 1)

Dr. John Snow

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Inspiring 3D mindfulness symbols hidden within perfect nature.

Focus on and beyond **Gaming** to enhance meaning, value and insight in your life.

- Enhance **happiness**
- Decrease **stress** and **anxiety**
- **Relax** & enjoy your life more
- Boost your inner **peace**
- Be more content & **present**
- **Focus** your **mind**
- Connect with others better
- Improve your **memory**
- Improve your effectiveness
- Find contentment and joy
- **Sleep** better
- Increase **cognitive flexibility**
- Gain self-**compassion**
- Advance your quality of life
- Value your skills
- Improve your **magic eyes** and miraculous mind
- Helps **yoga**, **relaxation** & **meditation**

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