



# Mindful 3D for Architecture 2: 1-Hour Wisdom Volume 2

*Dr. Leo Lesley*

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- Enhance **happiness**
- Decrease **stress** and **anxiety**
- **Relax** & enjoy your life more
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- 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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