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Popular Press

<u>Mindful Magazine</u> www.mindful.org/magazine (e.g. Oct. 2018, Can Your Smartphone Make You Mindful?)

Meditation APPS

- Brightmind (<u>https://www.brightmind.com/</u>)
- Headspace (<u>https://www.headspace.com/</u>)
- Insight Timer (<u>https://insighttimer.com/</u>)