

Energy Boost

In order to boost our energy during the day we tend to rely on things which provide a temporary kick like coffee, energy drinks or sugary foods, leaving us just as exhausted. Is this the best way to go?

The problem with quick energy boosts is that they always come with the inevitable crash, leaving us just as exhausted as before. In order to durably increase your energy levels try meditation! Meditation for increased energy might seem like a paradox as it is used mainly to calm

the mind. Many people become surprised to learn that meditation is a highly effective solution to boost your energy. Studies have shown that a meditation session of only 5 minutes each day will reduce stress and anxiety by 50% and will double your energy levels.



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