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HEALTH TREND

Mental wellbeing

We are living in a time where it's a given that we eat well and look after our bodies, but how many of us make time to look after our minds? In a digital age where no one switches off, mindfulness is really having its moment.

Good Things RECOMMENDS:

Best meditation app:

Headspace, headspace.com

Best online course:

The Life Class, founded by
Jacqueline Hurst, thelifeclub.com

Best book: *The De-Stress Effect* by
Charlotte Watts, hayhouse.co.uk