

Mindfulness, Faith, Peace: A Brain Surgeon Examines the Science Behind A Near-Death Experience and How It Changes You

For the normal person, achieving mindfulness may look like a pipe dream, mainly because people perceive it to be a time-consuming task. This robs them of multiple benefits, such as curbing depression, increasing creativity, and improving cognition. Here are some mindfulness exercises that you can practice as you go on your day. #nde #NearDeathExperience