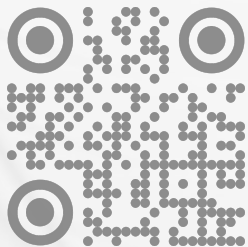


# @2:50

## Insight Daily

Enjoy more clarity, resilience, & focus  
*with ten minutes of mindfulness.*

Free to everyone, everywhere, every day.  
*No registration or experience needed.*



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