

Dear Future Mindfulness Student,

Don't worry, mindfulness will not be a waste of your time, I promise!

Since beginning this program I have become much more focused during school, and I find simple tasks that used to be difficult are a lot easier. I can pay attention to my teachers and when I begin to get distracted or daydream, I am able to realize my distraction and ~~the~~ direct my focus back to my teacher. Listening to my parents is also a lot ~~more~~ easier for me, and I find myself zoning out a bit less. It may seem a little weird at first, and many of the concepts are difficult to grasp but in the end I realized that mindfulness was actually very very helpful and I think I will continue to use it in the future.

Sincerely,

Current Mindfulness Student

Kirsten Deuschle's  
Mindfulness  
Letter