

**How To Clear Your Mind In 5 Minutes (Meditation For  
Beginners): BONUSES : MEDITATION ECOURSE +  
RELAXING MUSIC [Kindle Edition]**

**By Josh Holt**

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<http://ahbgyp1412.tblog.com/archive/2013/08/>

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Hang out with a pet. While there is no scientific evidence that owning a pet can directly help clear your mind, there is a host of evidence that is worth looking at.

<http://www.wikihow.com/Clear-Your-Mind>