

A young woman with long brown hair is shown from the chest up, looking upwards and to the left with a thoughtful expression. She is holding a white pen in her right hand, resting her chin on it. She is wearing a purple top with a pink collar. The background is a blurred indoor setting. Overlaid on the right side of the image is a large, vibrant mandala pattern in shades of blue, purple, and teal. The text "Meditation for Deep Focus" is written in a bold, white, sans-serif font across the top and middle of the image, with the word "for" being smaller and positioned between the other two words.

Meditation for Deep Focus

Guided Study Meditation

B Lingard



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