

7 Minute Mindfulness Review



In this [review of 7 Minute Mindfulness](#), I will try to provide all the information that you need to decide if this product is right for you.

I love using this product, but it will not be for everyone.

Please read through the entire review before you make your mind up on whether to purchase the product or not. I know it's a long blog post, but I really wanted to be thorough so that you know what you are getting.

However, if you're in a hurry (and who isn't) then you can find out more about the 7 Minute Mindfulness product on the official website [here](#).

To see if this program is right for you, start by answering the following questions:

Do you feel stressed out with day to day life?

Do you have a lot of different things swirling around in your mind all of the time?

Is it tough for you to concentrate on the things that [really matter to you?](#)

If you answered "yes" to any of those questions, that's okay!! I used to feel this way too.

It was tough to get through each day and I never had any time for myself. The demands of working and dedicating time to family just took its toll.

I knew that it was very important to have a clear mind so that I could change my life for the better. There are many books available on how to take control of your mind but I didn't have time to read them.

Sound familiar?

Fortunately, I came across the 7 Minute Mindfulness program and I really liked the idea of just spending 7 minutes a day listening to an audio track.

There were some bold claims on the website about how the program would help me to relax and improve several different [areas of my life such](#) as:

The relief of stress

Stop worrying

Become stronger inside

Improve health

Provide better concentration

Improve thinking and cognition

Enjoy more restful sleep

There were other benefits listed too. I was definitely skeptical at first as it was difficult for me to comprehend how an [audio program](#) could achieve this.

The program uses the concept of binaural beats so I looked into the effectiveness of them as I had never heard of them before. I was impressed with what I found so I decided to give the program a try.

So what is the 7 Minute Mindfulness Program?

In a nutshell, I would describe it as a very effective meditation session where all you have to do is relax and listen. The combination of the music and the binaural beats relax you very quickly and it is so easy to find 7 minutes each day to listen to the audios.

If you have read anything about meditation then you will know that it can be very beneficial to you in several areas of your life.

The problem is that it is not easy to meditate and it takes time to practice and get it right. Time that most people don't have. But everyone [has 7 minutes](#) a day right?

How did the 7 Minute Mindfulness Program come about?

The backstory to the program is pretty interesting. The creator, Greg Thurston, has had a physical injury to cope with all his life. He knew that meditation and yoga would help him to improve his life.

Greg tried conventional meditation sessions and got some good results. But he did not have the time to meditate regularly.

The other problem was in the meditation sessions he would often find himself stopping meditating for no apparent reason.

He was determined to find a [way to make meditation](#) easier for himself. A combination of science and traditional meditation practices provided the answer.

He was aware that there had been significant achievements with binaural beats as a way to calm the mind and connect with the subconscious. So he experimented with this and after a lot of research and testing came up with the right formula.

He created a series of audio recordings that could be listened to in 7 minutes a day.

So what will you get with the 7 Minute Mindfulness Program?

When you purchase the Seven Minute Mindfulness Program you will be able to download the 9 audio tracks of 7 minutes each. Each one of these audios contains:

Very relaxing music that will deeply relax you
Binaural beats for a subconscious connection

Mindful storytelling and Meditation scripts

All you have to do is copy the [MP3 audio files](#) on to your phone, tablet, or computer and then you are ready to go. There is nothing for you to do after that other than relax and listen.

It really couldn't be any easier!

At the time of writing this Seven Minute Mindfulness review there are two valuable bonuses being offered. They are:

7 Minute Mindfulness Guidebook

This is the complete lowdown on how the program works and why it is so effective.

Mindfulness Exercises – The Little Book

This contains easy and effective mindfulness exercises that you can do every day. Alternatively, you can use this book to recharge your emotional batteries.

How much does the 7 Minute Mindfulness Program cost?

At the time of me writing this blog post, the program is discounted from \$49 down to \$17.

I found this a very acceptable price for this [effective of a program](#).

OK, so I could have bought a meditation book for a little less but I knew I wouldn't have time to read it and make it work, so what's the point?

[\(To see if this discount is still available you can visit the official website here.\)](#)

Is there a Guarantee with the 7 Minute Mindfulness Program?

Yes there is! And it finally convinced me to go ahead and order the program. You get a full 60 days to try it out and if for any reason you are not satisfied you can get all of your money back.

So I had nothing to lose with this guarantee.

What I liked about the Program

All I had to do was listen for [7 minutes a day](#).

I found after a while that it was a lot easier for me to relax.

I also found that I could concentrate a lot better after a few days of listening to the audios.

My mind seemed less cluttered.

It certainly calmed me down and made me feel happier.

There was no risk with the money back guarantee.

What I didn't like about the Program

It took a few days for me to see any benefits. (What can I say? I can be impatient.)

The audio track descriptions could be improved.

So should you go for it or not?

If you are expecting an instant cure for your stress then this is not for you. There is not a program in the world that will do that and there never will be.

But if you are willing to dedicate just 7 minutes a day listening to a relaxing and powerful audio then it is very likely that you will benefit from this program.

At \$17 and a full money back guarantee I would highly recommend that you try the [7 Minute Mindfulness program](#).

I love it and use it (almost) every day and it really helps me. I am confident that it will help you too.

[Get your copy now by visiting the 7 Minute Mindfulness website here.](#)

Whew! I know that was long, but I hope you enjoyed my Seven Minute Mindfulness review!