

canceling a paid meditation app

canceling a paid meditation app can sometimes feel like navigating a digital maze, especially when you're no longer benefiting from its features or your trial period is ending. This comprehensive guide aims to demystify the process, providing clear, step-by-step instructions for various platforms. We will cover how to locate cancellation options within popular meditation apps, address potential subscription management hurdles, and offer advice on what to do if you encounter difficulties. Understanding your subscription terms and knowing where to find your account settings are crucial for a smooth unsubscription. Whether you're looking to pause your membership, switch to a free version, or simply end your commitment, this article will equip you with the knowledge to successfully unsubscribe from your paid meditation service.

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Understanding Your Subscription

Before you initiate the cancellation process for your paid meditation app, it's essential to understand the terms of your subscription. Most apps operate on a recurring billing cycle, which could be monthly, annually, or sometimes even bi-annually. Knowing your billing cycle helps you avoid unwanted charges and ensures you cancel before the next payment is due. Reviewing the app's terms of service, typically found in the app's settings or on their website, can clarify renewal policies, refund eligibility, and any potential cancellation fees, though fees are rare for subscription services like these.

It's also important to identify how you originally subscribed. Did you sign up directly through the app store (Apple App Store or Google Play Store), or did you subscribe via the app's website? The method of subscription dictates where you will manage and ultimately cancel your membership. This distinction is vital, as the cancellation steps vary significantly between these platforms. Failing to recognize this can lead to prolonged subscription periods and continued charges.

Subscription Renewal Policies

Most paid meditation apps automatically renew your subscription at the end of your current term unless you actively cancel it beforehand. This auto-renewal feature is a standard practice in subscription services designed for convenience but can lead to unexpected charges if forgotten. Understanding this policy means you need to be proactive about canceling if you no longer wish to continue your subscription. Pay close attention to any email notifications or in-app reminders regarding upcoming renewals, as these are often your last chance to avoid being charged for another term.

Refund Eligibility

Refund policies for subscription services can be stringent. Generally, apps do not offer pro-rated refunds for partially used subscription periods. If you cancel mid-month or mid-year, you will typically retain access to the premium features until the end of your current billing cycle. However, some services might offer refunds under specific circumstances, such as accidental renewals or service outages. Always check the specific app's refund policy for details, as these can vary considerably. It's usually best to cancel as soon as you decide to stop using the service to avoid further charges.

How to Cancel a Paid Meditation App Subscription

The process for canceling a paid meditation app subscription is primarily determined by where you initially signed up. This guide will outline the common methods for both mobile app store subscriptions and direct website subscriptions, covering the most popular platforms users encounter.

Canceling Through the Apple App Store (iOS)

If you subscribed to your meditation app through the Apple App Store on your iPhone or iPad, you need to manage your subscriptions through your Apple ID settings. This is the centralized hub for all your recurring subscriptions on Apple devices. You will not find a direct cancellation option within the meditation app itself in this scenario. Instead, you navigate through your device's settings to find the subscription management portal.

The steps are as follows:

- Open the **Settings** app on your iPhone or iPad.
- Tap on your **Apple ID** profile at the top of the screen.
- Scroll down and tap on **Subscriptions**.
- Locate the paid meditation app in the list of your active subscriptions.
- Tap on the app's name.
- Tap **Cancel Subscription**.
- Confirm your cancellation when prompted.

Canceling Through the Google Play Store (Android)

For Android users who subscribed via the Google Play Store, the cancellation process is managed through your Google Play account. Similar to Apple's system, Google Play acts as the intermediary for managing subscriptions initiated through its platform. You will need to access your Google Play Store app to make the changes. Ensure you are logged into the correct Google account associated with your subscription.

Here's how to cancel:

- Open the **Google Play Store** app on your Android device.
- Tap on your **profile icon** in the top right corner.
- Tap on **Payments & subscriptions**.
- Tap on **Subscriptions**.
- Find the paid meditation app in your list of active subscriptions.
- Tap on the app.
- Tap **Cancel subscription**.
- Follow the on-screen prompts to confirm.

Canceling Directly Through the App's Website

Some meditation apps allow or require you to subscribe directly through their official website. If this is the case, you will need to log in to your account on the website to manage your subscription. The cancellation option will typically be found within your account settings or profile section. This method often provides a more direct line to the service provider and might offer more nuanced options for managing your membership.

The general steps include:

1. Open a web browser and navigate to the official website of the meditation app.
2. Log in to your account using your registered email address and password.
3. Look for a section labeled "Account," "Profile," "Settings," or "Subscription Management."
4. Within this section, find the option to "Cancel Subscription," "Manage Subscription," or "Turn off auto-renewal."
5. Follow the prompts to confirm your cancellation. You may be asked for a reason for canceling.

Common Challenges When Canceling

While the cancellation process is usually straightforward, users sometimes encounter obstacles. These challenges can range from difficulty locating the cancellation option to unexpected charges or issues with confirmation. Understanding these common pitfalls can help you navigate them more effectively and ensure your subscription is terminated as intended.

Difficulty Finding the Cancellation Option

One of the most frequent frustrations is not being able to locate the "cancel" button. Some apps intentionally make this option less prominent in their user interface to encourage users to reconsider. If you've searched within the app's settings and can't find it, remember that the method often depends on how you subscribed. Always double-check the app store or the website's account management portal as these are the primary locations for subscription control.

Accidental Renewals and Unwanted Charges

Forgetting to cancel before a renewal date is a common cause of unwanted charges. This often happens with annual subscriptions where the renewal date can be easily overlooked throughout the year. To prevent this, consider setting a calendar reminder a week or two before your renewal date. If you do get charged unexpectedly, immediately contact the app's support team and refer to their refund policy. Proving you attempted to cancel or highlighting accidental renewal might sometimes lead to a refund, although this is not guaranteed.

Cancellation Not Being Processed

In rare cases, even after following the correct cancellation steps, a subscription may not be properly terminated. If you continue to receive billing notifications or access premium features after your intended cancellation date, you should contact the app's customer support directly. Request a written confirmation of your cancellation to have as proof. If the issue persists, you may need to contact your bank or credit card company to block further payments from the service.

Alternatives to Full Cancellation

Sometimes, you might not need to cancel your paid meditation app entirely. There are often alternatives that can help you manage your subscription more flexibly or suit your evolving needs without a complete termination. Exploring these options can provide a better experience and prevent you from losing access to features you might still find valuable.

Pausing Your Subscription

Many meditation apps offer the option to pause your subscription rather than canceling it outright. This feature is ideal if you plan to take a break from meditation for a short period but intend to resume your practice later. Pausing typically freezes your account and stops billing for a specified duration, after which your subscription will automatically reactivate. This saves you the hassle of resubscribing later and potentially losing any progress or saved preferences.

Downgrading to a Free Tier

If the app offers a free version with limited features, you might consider downgrading instead of canceling. This allows you to retain access to basic content and continue using the app without incurring any costs. It's a good option if you only use certain basic meditations or if the premium features are no longer essential for your practice. Check the app's subscription management settings to see if a downgrade option is available. This is often done through the same platform where you manage your paid subscription.

Switching Subscription Plans

It's possible that your current subscription plan no longer meets your needs. Perhaps you are paying for a premium plan with features you don't use, or you might be looking for more advanced content. Some apps allow you to switch between different subscription tiers. For example, you might downgrade from an annual to a monthly plan if you're uncertain about long-term commitment, or upgrade if you discover new features you want to access. This is usually managed within the subscription settings on the app store or website.

Ensuring Your Cancellation is Complete

Once you believe you have successfully canceled your paid meditation app subscription, it's crucial to take a few steps to confirm its completion. This ensures you won't be surprised by future charges and that your personal data is handled according to the app's policies. A confirmed cancellation provides peace of mind and protects you from further financial commitments.

Check for Confirmation Emails

After initiating a cancellation, most reputable services will send a confirmation email to the address associated with your account. This email serves as proof of your cancellation and often details the effective date of termination. If you don't receive such an email within a reasonable timeframe (e.g., 24-48 hours), it's a strong indication that the cancellation may not have gone through properly. Always check your spam or junk mail folders, as these emails can sometimes be misdirected.

Verify Subscription Status in App Stores or Account Settings

The most definitive way to confirm your cancellation is to revisit the management portal where you initiated the process. Check your Apple App Store or Google Play Store subscriptions, or log back into your account on the app's website. The status of the subscription should now indicate "canceled," "expired," or simply be removed from your list of active subscriptions. If it still shows as active, you will need to repeat the cancellation steps or contact customer support.

Monitor Bank or Credit Card Statements

The ultimate confirmation comes with your financial statements. For at least one or two billing cycles following your intended cancellation date, monitor your bank and credit card statements closely. If you see any charges from the meditation app, it means your cancellation was not effective. In such a situation, gather all your documentation—confirmation emails, screenshots of cancellation pages—and contact the app's support team and, if necessary, your financial institution to dispute the charges.

Frequently Asked Questions

Q: How do I find out if I'm subscribed to a paid meditation app?

A: The best way to check if you have an active subscription to a paid meditation app is to review your subscription management area within your device's app store (Apple App Store or Google Play Store) or by logging into your account on the app's official website. These platforms will list all your recurring subscriptions.

Q: What happens to my meditation data when I cancel a paid subscription?

A: What happens to your data depends on the app's privacy policy. Some apps may delete your data upon cancellation, while others may retain it for a period or allow you to continue accessing basic features with limited data. It's advisable to check the app's terms of service or privacy policy for specific details regarding data retention after cancellation.

Q: Can I cancel a paid meditation app subscription at any time?

A: Yes, you can typically initiate the cancellation process for a paid meditation app subscription at any time. However, remember that most apps will allow you to continue accessing premium features until the end of your current billing cycle, even after you've canceled. You won't usually receive a refund for the unused portion of your subscription term.

Q: What should I do if the app's cancellation button is missing or not working?

A: If you cannot find the cancellation option or it's not functioning, the first step is to ensure you are looking in the correct place—typically the app store settings or your account on the website. If it's still unavailable, contact the meditation app's customer support directly. They can guide you through the process or manually process the cancellation on your behalf.

Q: Will I lose access to downloaded meditations when I cancel my subscription?

A: Generally, yes. Downloaded meditations and offline content are usually considered part of the premium subscription benefits. Once your subscription is canceled and your billing cycle ends, you will likely lose access to these downloads and any other premium features.

Q: Is it possible to get a refund if I accidentally renewed my meditation app subscription?

A: Refund policies vary between apps. Many apps do not offer pro-rated refunds for accidental renewals. However, it's always worth contacting the app's customer support immediately to explain the situation. Some companies may offer a refund as a one-time courtesy, especially if you act quickly.

Q: How can I prevent accidental subscription renewals in the future?

A: To prevent future accidental renewals, you can set calendar reminders a week or two before your subscription's renewal date. Additionally, many app stores and services allow you to turn off auto-renewal specifically, which is a proactive step to avoid unwanted charges. Regularly reviewing your active subscriptions can also help.

Q: What is the difference between canceling and deleting my account?

A: Canceling a subscription stops future payments and access to premium features, but your account and possibly some data may remain active. Deleting your account is a more permanent action that usually removes your profile and associated data from the service entirely, in compliance with privacy regulations. You typically need to cancel your subscription first before you can delete your account.

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canceling a paid meditation app: iPhone Portable Genius Paul McFedries, 2020-11-26 Your step-by-step guide to iPhone mastery iPhone Portable Genius delivers a practical and simple guide to quickly learning everything you need to know about the iPhone. Whether you're a novice user with Apple products or a seasoned pro, you'll find a wealth of info designed to show you how to configure your iPhone, set up accounts, manage your contacts and appointments, take stunning pictures, and

surf the web. All while keeping your identity and accounts private and secure. Before you know it, you'll be: Mastering the touchscreen Setting up your iPhone to suit the way you work and play Connecting your iPhone to Wi-Fi and setting up your phone as an internet hub Solving the most common iPhone problems Getting the most out of email With straightforward and step-by-step instructions in a portable and convenient package and engaging illustrations, iPhone Portable Genius is the ideal resource for owners and users of one of the world's most popular phones.

canceling a paid meditation app: Secrets of Meditation Isabella Kim, AI, 2025-02-14
Secrets of Meditation explores meditation as a path to spiritual growth, inner peace, and self-discovery. The book highlights meditation's central role across diverse spiritual traditions like Hinduism, Buddhism, and Taoism, presenting it not just as relaxation but as a tool for enlightenment. Intriguingly, the book links ancient wisdom to contemporary understanding, providing a framework suitable for both beginners and experienced practitioners. The book examines meditation's historical context, scientific validation, and practical applications. It begins by introducing fundamental concepts, then explores specific traditions like Buddhist mindfulness and Taoist internal alchemy. By integrating spiritual and scientific dimensions, Secrets of Meditation avoids dogmatism, offering a balanced perspective that respects diverse traditions while acknowledging scientific evidence supporting meditation's benefits, such as emotional regulation and stress reduction. The book progresses by delving into neuroscience and psychology studies, and concludes with practical guidance for establishing a personal meditation practice and cultivating consistency.

canceling a paid meditation app: How to Organize Your Digital Life: Jonathan K. Hari, How to Organize Your Digital Life Decluttering Emails, Files, and Social Media for Efficiency (Boost Productivity and Reduce Digital Overload) Our digital lives are filled with endless emails, scattered files, overwhelming social media feeds, and countless notifications. The constant influx of digital clutter leads to stress, distraction, and lost productivity. If you've ever struggled to find an important document, felt buried under unread emails, or been frustrated by a chaotic desktop, you're not alone. The digital world was meant to simplify life, yet for many, it has become a source of anxiety. Inside This Book, You'll Discover: Decluttering Your Desktop: A Fresh Start Taming Your Email Inbox: Zero Inbox Strategy Managing Cloud Storage: What to Keep and What to Delete Cleaning Up Social Media: Streamlining Your Digital Presence Password Overload: Secure and Simplify Access Automating and Simplifying Tasks: Work Smarter, Not Harder Setting Boundaries: Controlling Screen Time and Distractions Organizing your digital life isn't just about deleting files—it's about reclaiming your time, reducing stress, and creating a system that works for you. With actionable strategies and long-term maintenance tips, this book helps you establish digital habits that lead to a more productive, organized, and distraction-free life. Scroll Up and Grab Your Copy Today!

canceling a paid meditation app: Analyzing Mobile Apps Using Smart Assessment Methodology Riskhan, Basheer, Hussain, Khalid, Safuan, Halawati Abd Jalil, 2025-07-09 In today's digital landscape, mobile applications play a role in personal and business operations, making their security and performance critical. Smart assessment methodology offers a structured and intelligent approach to analyzing mobile apps, combining techniques to identify vulnerabilities, performance issues, and compliance issues. Unlike traditional testing methods, this intelligent framework adapts to evolving threats and application environments, providing deeper insights into app functions, data practices, and user interactions. By implementing smart assessment methodology, developers and security professionals can enhance app reliability, optimize user experience, and ensure adherence to privacy and security standards while reducing overall risks. Analyzing Mobile Apps Using Smart Assessment Methodology examines how assessment methodology can be applied to analyze mobile applications for security vulnerabilities, performance issues, and compliance with industry standards. It explores the integration of intelligent techniques to provide a comprehensive and adaptive evaluation of mobile app behavior and risks. This book covers topics such as cloud computing, gamification, and smart technology, and is a useful resource for engineers, educators, academicians, researchers, and scientists.

canceling a paid meditation app: Universal Methods of Ethical Design Sai Shruthi

Chivukula, Colin Gray, 2025-04-01 Cultivate a socially responsible design process with Universal Methods of Ethical Design, the first comprehensive survey of ethically centered design practices. Are you eager to make a positive social impact through your designs? Join the growing number of practitioners and third-sector organizations who are using ethics-focused design methods like dark patterns, white UX design, and codes of ethical conduct. Universal Methods of Ethical Design gets you started with a collection of design supports for ethical awareness, action, and reflection to build socially responsible features, products, and services. These supports appear in this book in varied forms, including methods, theoretical frameworks, conceptual frameworks, and principles. Explore an expansive landscape of resources across different design phases, including: User research Design scoping Ideation and concept generation Testing and evaluation Product launch In this book, you'll find diverse methods that include a focus on ethics or values, which can support designers and technologists to engage in more ethically aware or value-sensitive design practices. Universal Methods of Ethical Design contains accessible formats to engage with critical concepts such as feminism; design activism; privacy, security, and legal policy; and governance perspectives. Each method is presented in a two-page format. The first page contains a succinct definition, a full description of the principle, examples of its use, and guidelines for use. Sidenotes appear next to the text, and provide elaborations and references. The second page contains visual examples and related graphics to support a deeper understanding of the method. This landmark reference is the standard for designers, engineers, managers, and students who seek to broaden and improve their ethical design expertise. The titles in the Rockport Universal series offer comprehensive and authoritative information and edifying and inspiring visual examples on multidisciplinary subjects for designers, architects, engineers, students, and anyone who is interested in expanding and enriching their design knowledge.

canceling a paid meditation app: As a Man Thinketh... But What If He's Wrong? Prince

Penman, What if the power of positive thinking is a trap? In As a Man Thinketh... But What If He's Wrong?, Prince Penman dismantles the myth that optimism alone can heal all wounds, exposing the hidden costs of toxic positivity and spiritual bypassing. With raw storytelling and sharp insight, Penman challenges the self-help industry's dogma, revealing how it silences grief, shames doubt, and ignores systemic struggles. From a widow gaslit by "everything happens for a reason" to an activist told to "just manifest" justice, these stories cut deep, urging us to embrace authentic living over empty affirmations. Drawing on thinkers like Rebecca Solnit and James Baldwin, Penman offers a lifeline: nuanced hope—a gritty, action-driven alternative to fantasy. Through compassionate critique, he guides readers toward radical acceptance, weaving personal growth with communal healing. This isn't another feel-good manual; it's a bold call to question, feel, and act—because true transformation begins in the messy truth. Perfect for fans of The Year of Magical Thinking or Hope in the Dark, this book is for anyone ready to reject toxic positivity and reclaim their story. Step into a wiser, braver you—start today.

canceling a paid meditation app: Make It Make Sense Bel Hawkins, Lucy Blakiston,

2024-09-19 Shit You Should Care About was launched as a WordPress blog by three best friends in the back of a political science lecture. Today it's a global ecosystem of content - two podcasts, 3.5 million Instagram followers and a daily newsy. They are your culture vultures, news agents and (reluctant) agony aunts all rolled into one. MAKE IT MAKE SENSE is a collage of cultural analysis, anecdotes, personal essays, poems, and lists, interplayed like a conversation between friends. So sharp they'll make you wince, so honest that you might feel uncomfortable with what's reflecting back at you, so funny you'll want to take a photo and send it to your best friend. It's the bedside table essential for women who've felt their way through life and want that experience reflected back at them. When everything feels like it's whooshing away in an endless scroll, MAKE IT MAKE SENSE holds the answers (or questions) to what to do with all these big feelings.

canceling a paid meditation app: Narcissistic Family Trap Conrad Riker, Trapped in Your

Family's Toxic Script? Here's How to Rewrite Your D.N.A.. Are you the "golden child" drowning in

impossible expectations or the “scapegoat” punished for refusing to play along? Does your family weaponize guilt, lies, or emotional incest to keep you shackled to THEIR agenda? Ready to turn ancestral trauma into unshakable power—while leaving the narcissists choking on their own games? - Expose the evolutionary tricks narcissists use to hijack your biology (and why you’re hardwired to fall for them). - Weaponize Freudian psychology to dismantle Oedipal traps and Electra complexes. - Convert “failure” into fuel: Why scapegoats statistically outearn golden children by age 40. - Crush emotional blackmail with battle-tested scripts that make guilt-tripping parents S.T.F.U.. - Protect your assets, legacy, and sanity from “marriage plantations” and luxury-addicted relatives. - Transform “beta dad” shame into alpha sovereignty—no therapy, no forgiveness, just results. - Deploy “nuclear revenge” tactics to humiliate gaslighters without saying a word. - Join the Red Pill Brotherhood: Build tribes that fight harder for you than blood ever did. If you want to incinerate family brainwashing, reclaim your primal masculinity, and forge a legacy that terrifies the parasites who bred you—buy this book today.

canceling a paid meditation app: Reclaim Your Intellectual Dominance Conrad Riker, Sick of Being Told You’re “Toxic” Just for Being a Man? Are you tired of being silenced while mediocrity gets celebrated? Fed up with being told to “be vulnerable” only to be despised for it? Ever wonder why society punishes competence to prop up equality fairy tales? □ Smashes the lie that all humans are intellectually equal □ Exposes how the 80-IQ cucks are running your life □ Reveals why men must lead—or civilization collapses □ Debunks “woke” myths with cold, evolutionary facts □ Restores pride in natural hierarchy (it’s biology, not bigotry) □ Names the gynocratic institutions enslaving men □ Dismantles the “toxic masculinity” double-bind trap □ Hands you the tools to reclaim your birthright: dominance If you want to CRUSH mediocrity, IGNITE your primal edge, and LAUGH at the gender-studies grads trying to cancel you—BUY THIS BOOK TODAY.

canceling a paid meditation app: Ministry Of Truth Conrad Riker, 101-01-01 They Silenced Your Voice, Stole Your Rights, and Laughed as You Were Replaced—Now It’s Time to Fight Back. Do you feel censored for speaking biological truths while lies are enforced as “progress”? Are you tired of being stripped of your assets, dignity, and children by a system rigged against you? What if masculinity isn’t “toxic”... but the only thing standing between civilization and collapse? - Discover how “safety” laws are Trojan horses for Orwellian censorship. - Learn why feminists and bureaucrats want you powerless, childless, and compliant. - Expose the data-backed lies behind “gender equality” and the war on sexual dimorphism. - Reclaim your right to speak, think, and lead without apology. - Join the resistance against the gynocratic welfare state that profits from your suffering. - See how “diversity” quotas and E.S.G. scores are dismantling merit—and your future. - Arm yourself with evolutionary biology to debunk cultural Marxism’s fairy tales. - Witness the playbook used to turn sons into soyboys and fathers into serfs. If you want to crush the woke regime, protect your family, and reclaim your birthright as a free man—buy this book TODAY before they ban it.

canceling a paid meditation app: The Robo Revolution Prince Penman, Unlock Your Full Potential with AI: The Future of Personal Growth is Now In The Robo Revolution: Embracing AI for Personal Growth, author Prince Penman reveals the transformative power of artificial intelligence in enhancing productivity, mental well-being, and personal development. AI is no longer just a futuristic concept—it’s a tool that can accelerate your journey toward success, mindfulness, and clarity. Are you overwhelmed by constant distractions in the digital age? Do you struggle to balance technology with personal growth? This book is your roadmap to mastering AI in a way that serves you. With easy-to-follow strategies, you’ll learn how to integrate AI into your daily life, boost your productivity, and create a balanced, intentional routine. Discover how to use AI tools for mental health, time management, learning, and achieving your goals with precision. Through real-life examples, actionable steps, and expert insights, The Robo Revolution empowers you to harness AI as a powerful ally in your quest for self-improvement and fulfillment. Whether you’re a busy professional, a student, or someone looking to take control of your personal growth, this book offers valuable guidance on using technology mindfully to create the life you want. Embrace the future of personal growth today with AI and start transforming your life. It’s time to stop letting technology

control you—learn how to make it work for you!

canceled a paid meditation app: The Natural Sleeper Julie Wright, 2021-03-09 A comprehensive guide to natural and easy-to-access remedies for insomnia and poor sleep hygiene that will help you finally achieve a good night's rest. In our restless, modern world, where many of us feel overtired and under pressure, having a routine sleeping schedule is more important now than ever. A restful night is crucial to mental and physical health and general wellbeing, yet so often sleep seems to be left out of our self-care routines, leaving us groggy and tired. Fortunately, The Natural Sleeper is here to get you and your body back in sync. Combining self-help approaches and relaxation methods, The Natural Sleeper offers a comprehensive collection of therapeutic solutions to help you sleep better using natural remedies. This practical guide takes you through everything from the impacts that sleep deprivation has on the mind and body, to various techniques and practices, both traditional and contemporary, for a better night's sleep, including; - Herbal Remedies - Acupressure - Sound Therapy - Essential Oils - Breath Work - Moon Milk - and more! Take charge, commit to change, and embark on an explorative journey to sleeping through the night with these soothing solutions designed to keep you healthy and improve your sleep rituals. The Natural Sleeper is your one-stop guide to feeling well-rested and rejuvenated so you can make the most out of each day.

canceled a paid meditation app: Women Aren't Happy Conrad Riker, 101-01-01 The 'Liberated' Lie is Killing Her Soul—Here's the Cure Do you feel exhausted chasing a life society claims you deserve—yet leaves you drained, medicated, and alone? Why do empowered women secretly envy their grandmothers' peace? What if your biology isn't broken... but betrayed? 1. Expose the 50-year U.N. data cover-up on female despair. 2. Discover why labor-saving gadgets enslaved you to loneliness. 3. Reverse the Boss Bitch brainwashing that poisons marriages. 4. Unlock the Stoic secret to harmonizing ambition with biology. 5. Defy the state's plot to replace sacred unions with disposable contracts. 6. Shield sons from a world that pathologizes their strength. 7. Resurrect the 1950s homemaker's joy without sacrificing dignity. 8. Build a home fortress that outlasts civilization's collapse. If you want to trade burnout for purpose and reclaim the life your D.N.A. craves, buy this book today—before feminists ban it.

canceled a paid meditation app: Decennial Digest, American Digest System, 1940

canceled a paid meditation app: The Big Activity Book for Anxious People Jordan Reid, Erin Williams, 2019-08-22 'WHO KNEW MY ANXIETY COULD BE SO FUNNY?' Amy Morrison, founder of Pregnant Chicken Feeling anxious? Who isn't! Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book. These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, The Big Activity Book for Anxious People will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right Bob on that email. (Probably.) Activities include: * Fun Facts about Aging! * Public Speaking: A Diagram * Your Hotel Room Carpet: A Petri Dish of Horrors * Obscure Diseases You Probably Don't Have * Zen Mantras For The Anxiously Inclined * Soothing Facts about Hand Sanitizer On a bad day, try coloring in the soothing grandma. On a really bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. (They know, because they are two of them.)

canceled a paid meditation app: A Psychospiritual Healing manual with integral psychedelic therapy, 2024-03-28 The invitation to write a foreword for this book came at an opportune time in the development of the field of psychedelic-assisted therapy, amid the emergence of the future iteration of mental health services, delivered by the promises of the psychedelic renaissance. Also alive in this context are the substantial individual, social and cultural repercussions of a global pandemic on mental health and human behavior. A growing body of

research shows encouraging clinical results in treating trauma, depression, demoralization, end-of-life existential issues, addiction, and eating disorders using MDMA, psilocybin, ketamine, and other psychedelic medications. However, the field of psychedelic-assisted therapy has gained accelerated support from donors, the medical establishment, and corporate investors in recent years. Along with the enthusiasm, recognition, funding, and media coverage directed toward psychedelic-assisted therapy, ethical standards; the lack of adequate training; and issues of accessibility, sustainability, diversity and inclusion are increasingly becoming part of the movement's forefront. These gaps in the emerging field highlight the need for more guidance and structure around ethical, clinical, and social considerations for these innovative treatments. This book can serve as a cornerstone for the field of psychedelic-assisted therapy at this time. This essential contribution offers a depth-oriented, somatic and relational therapeutic approach, emphasizing the imperative of ethical standards, the relevance of the therapeutic use of touch, the significance of the unconscious in the construction of symbolic meaning and intersubjective processes, and the need for trauma-informed approaches while centering liberation psychology and decolonial practices. The topics covered in this book and the themes embraced by the authors are of great relevance and are not yet comprehensively articulated in existing publications on psychedelic-assisted therapy. The diverse authors of this book approach their chapters based on their diverse social and cultural identities, as well as their extensive clinical experience providing psychedelic-assisted therapy in government-approved clinical research, private practice, and nonprofit organization settings. Their contributions aim at a vision of psychedelic-assisted therapy centered on decolonial practices, attuned to the somatic, imaginal, cultural and relational dimensions of being, allowing the emergence of transpersonal processes. Each chapter elaborates practical and theoretical aspects of this treatment modality through a unique theoretical framework, providing inspiration and guidance to readers working in this field as well as those compelled to psychedelic work for personal transformation.

canceling a paid meditation app: *High-Performance Habits for Executives: Daily Routines to Maximize Your Leadership Edge* Favour Emeli, 2025-01-28 The most successful executives don't just work hard—they work smart. *High-Performance Habits for Executives* is a comprehensive guide that reveals the daily habits and routines of the world's top leaders. This book provides a roadmap for executives who want to enhance their leadership skills, optimize productivity, and drive company success through high-performance habits. Learn how to start your day with intention, prioritize your health, master time management, and develop a mindset that supports long-term success. In addition to daily routines, this book provides insights into managing stress, fostering team engagement, and developing the mental resilience necessary for leadership in today's fast-paced business world. *High-Performance Habits for Executives* is more than just a book on productivity—it's a blueprint for cultivating the habits that help you lead with confidence and elevate your organization to new heights.

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canceling a paid meditation app: HANDBOOK OF THE PRACTICAL APPLICATIONS OF TAOISM Suli Daniel Johnson, 2025-01-30 This is the companion handbook to 'Practical Applications of Taoism.' It contains skills and exercises that will assist you in learning to Live the Tao. Living the Tao or experiencing Reality at a fundamental level requires a process of change. Understanding it at an intellectual level, although stimulating, will not be sufficient. This is the companion book to Practical Applications of Taoism. Both books are essential in helping you understand and begin the process of change required to live the Tao. The first, Practical Applications of Taoism, explains the concepts and the process that is required to make the shift. A process of change is still required in order to Live the Tao. This book, The Handbook of Living, contains skills, exercises, and observations that will assist you in the transformation. Ideally, an interactive process with a qualified master is required. In this information-heavy world where, for many, time is at a premium, a self-guided approach is perhaps all most are ready for. The transformation is not intuitive and straightforward. Interacting with a master and a community that can get you there may not be feasible for most. The combination of this book and the first book, however, may suffice to give you a taste of what it means to live the Tao and experience the Reality beneath all things. Even though this book contains a wealth of exercises and skills you can use to experience Tao, it does not give a detailed account of what Tao is and what is required to live it. Together, both books will give you a chance to work towards it. The most effective way of learning to Live the Tao is to be guided through a process of change by a Taoist community led by a qualified master. In this modern world, this is rare. Taoism is poorly understood by most, and it is not taught well. The author offers regular classes and workshops that will help you along the path. "Taoism is very poorly understood by most people. Most of what is written about it is confusing and misleading." Suli Daniel Johnson, SBN

Gaining a cognitive understanding of living the Tao is not that difficult. Many of the concepts may seem surprisingly simple. Connecting and understanding it on a level where you can live it is not so straightforward. To understand this, consider the following. You learn how to play the game of golf in five minutes. Learning how to actually play it and gaining insight as to what is involved in becoming proficient requires much more time and effort. In the end, the only way to really understand how to play golf is to play it. Learning to apply the Tao as a practical force in your life requires not only an understanding but a process of change. Master Johnson offers workshops and classes and has developed a community of people interested in living the Tao. For more information on this, go to Selfmastery dot com or email him at daniel@selfmastery dot com. I live the Tao, I have helped others to live it. The reason why it's so difficult to describe the Tao is that people are attempting to do so through the lens of cognitive understanding and science. The Taoist perspective is something completely different, and for this reason, it does not lend itself well to be described through science or logic. A thorough understanding of this can be found in Book 1, Practical Applications of Taoism. In attempting to cast Taoism in terms of logic or science, most of what makes it unique and effective is lost. In China during the Cultural Revolution, the ideas of Taoism were banned, and many intellectuals, including my master, fled the country. In order to understand the Tao, you need to live it. This sounds like one of those nebulous or illusionary things that you will find in many books on spirituality. In this case, the Tao cannot be explained. My motive in writing this book and its companion is to help people understand what it is and how it can be applied to making fundamental and powerful changes within your life. I teach aspects of this system to individuals and businesses. On the surface, the system is simple and fundamental. For this reason, many people are tempted to pass it off as being nothing more than insubstantial fluff. However, Taoism is much more than this. I will attempt in this book to explain what Taoism is. I will explain its different perspectives, how to experience it, and how to use it as a functional tool in your life. I will explain why it is incompatible with the system of logic and science that most of us have grown up with. This is not to say that Taoism is no less effective at defining the world and making you successful within it. It is merely a different approach. In order to understand Taoism and apply it, you have to stop trying to compare it to logic and science. You need to look at it from its very unique

perspective. Within this book and the first one, I will also teach many skills and techniques to develop your Taoist insight. This will help you operate more effectively within the world around you. I will teach you how to use it to make very pragmatic changes in your life. This can include things such as improving your lifestyle and developing better relationships with the people around you. It can also be applied to improving business skills and other applications within your jobs or careers. Its applications can span creativity to organizational development. When Taoism is practiced correctly, it is not just some strange esoteric philosophy. The Tao is something dynamic and intricate.

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