

Chapter 01

Meditation

In Chapter 2, as well as the "Red button" exercise, we recommend that you try out the meditation app from Sam Harris:

wakingup

The OPENMIND promo code gets you one month's free subscription to the app.

To redeem this offer, follow the instructions below.

1. Go to www.wakingup.com and click on "Login" on the top right.
2. Log in using your email address. Please note that there is a step for verifying your email address. This replaces the need for a password.
3. This is how you use the promo code:
In "Settings", click on "Redeem Promo Code". Enter "OPENMIND".

Now you can meditate via the website, or download the "Waking Up" app to your phone. Once you have downloaded the app, you will need to login using the same email address you used for step 2 above.

Have fun making new discoveries!

