



IMHO Reviews Chooses 10 Best Mindvalley Courses To Take And Shares Membership Discount

April 07, 2022

AVENTURA, FL - April 07, 2022 - PRESSADVANTAGE -

With online education being on the rise, IMHO Reviews continues its search for the best online learning platform. In the latest article, they take a look at a personal transformation platform Mindvalley and discuss whether their courses are worth taking.

Mindvalley was founded in 2002 by Vishen Lakhiani, and today it has over 12 million students all over the world. Unlike many online learning platforms, Mindvalley doesn't have a catalog of thousands of courses. Instead, they have a quality over quantity approach and offer just 60 programs - or as they call them, Quests. All courses are divided into several different categories - Mind, Soul, Body, Career, Entrepreneurship, Relationships, Kids, and Teens and Parenting.

"Mindvalley is different from any other learning platform. You won't find computer science or drawing classes here, nor will you learn any "practical skills". However, the knowledge that you gain by taking Mindvalley courses can permanently transform all areas of your life and help you reach your full potential. I have been a

member of Mindvalley for over a year now, and even though I don't want to throw big words around, I have to admit that I consider it to be one of the best investments I have ever made," said the owner of IMHO Reviews, Vitaliy Lano.

The article lists ten of the best Mindvalley courses to take. Among them is Superbrain, a Quest created by a well-known Brain Coach Jim Kwik. This course has over 2,5 million students enrolled and lasts 30 days. Like most Mindvalley courses, it requires around 15-20 minutes each day to complete lessons. The goal of Superbrain is to boost learning capacity, memory, brainpower, and focus.

Another course that the article mentions is The Longevity Blueprint taught by a competitive athlete, biohacker, and New York Times bestselling author Ben Greenfield. This 7-week long Quest focuses on enhancing overall wellness and elevating longevity without having to spend hours in the gym.

"I used to think that grueling workouts were the only way to get fit and healthy. However, even when I used to exercise daily, I still didn't feel my best. The Longevity Blueprint explained what I did wrong. There is still a long road ahead, but I already feel so much better and over time I'm sure I will be able to regain my health," said Vitaliy.

Mindvalley has several parenting courses, with Conscious Parenting Mastery being the most popular one. IMHO Reviews recommend this Quest for all parents and those who are planning to have children in the future. It is taught by a clinical psychologist Dr. Shefali Tsabary who debunks the myths of traditional parenting and believes that in order to grow the relationship with the kids, parents should first heal their inner child.

Mindvalley courses focus on different areas of life. For instance, the Money EQ Program teaches students how to attract abundance in their lives. Created by one of the most famous money teachers in the world, Ken Honda who is known in Japan as the "Zen Millionaire" this Quest shows how to achieve financial success by raising your Money EQ. The author explains how to stop struggling with financial uncertainty and start earning as much money as needed.

"If you want to change your life - start making more money, get in shape, regain your health, change career path, or become a better parent, then Mindvalley is a good place to start. Just 15 minutes a day can make a difference, so even if you have a busy life, you can still do it. Right now Mindvalley offers a \$100 discount on their annual membership which includes unlimited access to all Quests and meditations. If you have been thinking of joining the platform, now is the best time to do it. Try it yourself and you will see the results in no time," shared Vitaliy.

For a complete list of the best Mindvalley courses and a special discount on Mindvalley Membership, read the IMHO Reviews article.

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IMHO Reviews

IMHO Reviews helps people better understand the services they are planning to use. IMHO Reviews publishes reviews of the services that they personally use and consider worth recommending.

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