



IMHO Reviews Mindvalley Top Courses For Mind, Body, And Soul Transformation

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IMHO Reviews shared their top picks of Mindvalley courses in mind, body, and soul categories and tips on getting discounted Mindvalley Membership.

Mindvalley is an online educational platform that offers over 60 courses called Quests in six different categories - mind, body, soul, entrepreneurship, career, and relationships. The company is known for being a unique personal transformation platform with programs taught by top experts and celebrities.

"Mindvalley courses consist of daily video or audio lessons, that usually take 10-20 minutes to complete. Each course lasts several weeks. Even though that doesn't seem like a lot, the techniques you learn are very effective. I've taken over 20 Mindvalley Quests and each one of them transformed my life in its own way," said the owner of IMHO Reviews, Vitaliy Lano.

In the latest article, IMHO Reviews picked the top courses in three categories and talked about the benefits of

taking each one of them. The first course discussed in the article is the Superbrain. The Quest was created by Jim Kwik, who is known as one of the top experts in accelerated learning, brain performance, and speed reading. The list of his clients includes CEO of large corporations, celebrities, billionaires, students of Ivy League universities, and professionals from companies like Nike, Virgin, and SpaceX. Jim helps people improve their productivity and processing power.

"The Superbrain Quest lasts 30 days and is divided into eight parts. If you are looking for a way to enhance your memory, learning speed, and focus, and finally be able to unlock the full potential of your brain, then this is the perfect place to start. You learn different speed reading, peak performance, and neuroscience techniques and tools through easy-to-follow lessons," - explained Vitaliy.

The second course mentioned by IMHO Reviews is WILDFIT by Eric Edmeades. The author is a pioneer in the field of nutritional anthropology and evolutionary biology. For many years he studied food's role in human health. The goal of the WILDFIT program is to help people regain their health and wellness by changing their diets. The course lasts 90 days.

"What makes WILDFIT different from many diet programs is that there is no requirement to exercise. It is all about nutritional balance and transforming your relationship with food. You learn how to get rid of unhealthy eating habits and start craving healthy foods. I really like that you don't have to go on a restrictive diet because as we all know, this is not effective in the long run. Instead, you learn how to rewire your body and mind to naturally want to eat food that energizes and heals you. " said Vitaliy.

At the moment for a limited time only, Eric Edmeades together with Mindvalley founder Vishen Lakhiani offer a free masterclass for anyone who wants to learn game-changing food philosophy knowledge that, according to Eric, gives the tools to regain vitality and wellness.

The third course the article talked about is The Silva Ultramind System. The 28-day course was created by Vishen Lakhiani and is based on Jose Silva's Method which has millions of followers worldwide. Throughout the course, students learn how to awaken their mind's fullest potential.

"The Silva Ultramind System teaches that we all have four states of consciousness that our brain operates in - the beta level, the alpha level, the theta level, and the delta level. Through different tools, you learn how to harness your mind's altered states of consciousness, and how to use each one of them to live and perform at your peak," added Vitaliy.

IMHO Reviews reported that right now, Mindvalley Membership, which grants unlimited access to all

programs and over 500 guided meditations, can be purchased at a discounted price. For more information about Mindvalley courses and discounts, read the IMHO Reviews article.

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IMHO Reviews

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