

## Compliance Today – April 2019 Connecting: Achieving a mental state

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by Nancy Beckley

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First start by selecting a mental state you'd like to achieve. Do you need to focus? Certainly, this is an occupational necessity for compliance professionals. Do you need to relax? Compliance professionals would likely benefit from a brief relaxation time-out every day. Do you need to meditate, take a nap, or sleep? What about the need to recharge? This is where Brain.fm may provide opportunities for all the above. It's described as the "most advanced AI music composer on the planet."

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