Personal Essay:   
Changed intro to focus on meditation that way it doesn’t turn into a profile, want to focus on meditation.

Added dialog with Frode.

Added more personal stories to better describe frode.

Added more research in order to answer my question about meditation

Moved my inquiry question more towards the start of the piece

Made my audience more specific by mentioning college students later in the piece and tried to gear it towards helping them.

Combines a personal essay, profile, and research paper

Came to a conclusion about how it affects personality

Encouraged meditation