**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

**Proposal:**

Added a lot more of my own personal opinion and view on mental health. Actually responded to all my research and provided examples

My point was somewhere in the middle of the piece, where now it was in the front and I made it clear that I was agreeing with what Guy Winch proposed we should do.

Almost acts as an accent piece to the personal essay

Provided research that shows an example of how mental health can be taught in schools, this research also backed up what Guy Winch was proposed we do.

Used the study to relate to college students and how they can cope with daily mental battles.