



# Arianna Huffington's Thrive 01: Discovering Meditation and Sleep

Course completed by  
Apr 28, 2024 at 04:42AM UTC • 57 minutes

Top skills covered

Meditation

A stylized, handwritten signature in black ink that reads "Dan Brodnitz".

Head of Content Strategy, Learning



Certificate ID: b7fc7c7c55bce03046994ef464adddc3b1489ee9f2e0ab09f8d8437bbf0ba749