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**Yogesh Haribhau Kulkarni**

PhD in Geometric Modeling | Google Developer Expert (Machine Learning) | Top Writer 3x (Medium)

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21m • 📍

Just Relax!!

Although it is 'easier said than done', but when used judiciously, Relaxing and Letting Go can do wonders. That's the gist of the podcast by Michael Singer with Tony & Sage Robbins.

At least we can start with 'Don't sweat the small stuff' on the path of sustained happiness.

Below is a sketchnote trying to capture the essence of the podcast.

[#happiness](#) [#meditation](#) [#skecthnote](#) [#podcast](#) [Tony Robbins](#)



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5s ...


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A bit elaborate version of the same content at [Medium](#)
<https://medium.com/illumination-on-youtube/just-relax-175495698e37>

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Abinaya Mahendiran (She/Her) • 1st


Lead Data Scientist | AI/ML Consultant and Researcher (NLP, DL, MLOps) | Mentor | Open Source Contributor | 12+ bookings on topmate.io

11m ...

I think "letting go" of things comes with age naturally! Nevertheless, many definitely need to learn this to lead a peaceful life :)

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Yogesh Haribhau Kulkarni

Author


7m ...

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So true [Abinaya Mahendiran](#)

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