3 products that might make meditation easier and more enjoyable

Los Angeles Times, March 31, 2016

Meditating can take some getting used to: the stillness, learning how to breathe, keeping all those extraneous thoughts at bay...

These products might make the practice easier and more enjoyable, while helping to enhance its known benefits.

-- Mental clarity is one of the objectives of meditating. To help that along, some practitioners use O+, a flavored oxygen boost made by a company called Oxygen Plus: Miniature canisters provide oxygen puffs (there's lightly scented peppermint, pink grapefruit or natural) to de-stress prior to meditating, and to improve alertness after.