

# Just Ten Minutes

Hi and afternoon. How is everyone?

Today I just want to share this - one of my favourite clips - it is called Just Ten Minutes and delivered by a guy called, Andy Puddicombe who owns Headspace.

The video is quite fun and thought provoking, but the message is very genuine. Ten minutes can change your life - certainly did mine. And Andy's. See what you think and cya tomorrow :)

[Just Ten Minutes clip - ted.com](http://ted.com)