



TEN PERCENT HAPPIER

APPLE “BEST OF 2018” AWARD-WINNER

Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you. Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.

Meditation demystified ~ Reduce mental health clutter & increase focus ~ End bad habits. Manage anger & anxiety ~ Receive guidance from real coaches ~ Stress better and worry less ~ And if you just need to relax, we've got you.

WHAT'S INSIDE:

- Video and meditation combos that make it fun and straightforward to learn to meditate.
- A library of 500+ guided meditations on topics ranging from anxiety to parenting focus, ensuring that you can find exactly the right meditation for the moment.
- A sleep section filled with relaxing meditations that make it easy to fall (and stay) asleep.
- Bite-size stories, wisdom, and inspiration that you can listen to while on the go – for those moments when you're not feeling like meditation but want some mindfulness.
- New content released weekly to keep mediation from becoming a chore.
- Quick meditations that fit into your busy life – during your commute, lunch break, etc.

How to Redeem Your Free 6 Month Subscription to the Ten Percent Happier App

You'll *redeem the code on our website*, then when you open the app on your phone, everything will be unlocked.

Please follow these steps:

1. Open this link, [University of District of Columbia Promotional Student Access](#), to get to the gift redemption page on our website.
 2. **If you're a new user**, register an account. Keep track of which method you used so you can sign into the app on your phone the same way.
 3. **If you have an account**, tap Sign In at the bottom of the screen where it says *Already have an account? Sign In* and get signed in using the same method you used for your current account. This could be:
 - An email and password
 - [Sign in with Apple](#)
 - Sign In With Facebook
 - Sign In With Google
 4. Tap Redeem on the next page.
 5. Download the app from the [Apple App Store](#) or [Google Play Store](#) and sign in the same way you did to redeem your code.
- Instructions to get signed in are in our Help Center articles:
- [Sign In to Ten Percent Happier With an Existing Account](#) or
 - [Using Sign in with Apple to Sign Into Your Ten Percent Happier Account](#)

*** REMEMBER THAT THIS FREE SUBSCRIPTION WILL LAST 6 MONTHS. IN ORDER NOT TO BE CHARGED AFTER THAT, PLEASE MAKE SURE YOU CANCEL AHEAD OF TIME.

