

# 15 minute morning meditation

**15 minute morning meditation** offers a powerful and accessible way to start the day with clarity, calmness, and focus. This practice has gained significant popularity for its ability to reduce stress, enhance mental well-being, and improve productivity throughout the day. Incorporating a brief meditation session in the morning can set a positive tone for daily activities and foster a deeper connection with the present moment. This article explores the benefits, techniques, and step-by-step guidance for a 15 minute morning meditation routine. Additionally, it covers tips to establish consistency and common challenges faced by beginners. Whether new to meditation or seeking to optimize existing practices, this comprehensive guide provides valuable insights into maximizing the impact of a short morning meditation session.

- Benefits of a 15 Minute Morning Meditation
- Preparing for Your Morning Meditation
- Effective Meditation Techniques for 15 Minutes
- Step-by-Step Guide to a 15 Minute Morning Meditation
- Tips for Maintaining a Consistent Meditation Practice
- Common Challenges and How to Overcome Them

## Benefits of a 15 Minute Morning Meditation

Engaging in a 15 minute morning meditation regularly offers numerous physical, mental, and emotional benefits. This short duration is sufficient to induce a state of relaxation and mindfulness without requiring a significant time commitment. The positive effects can extend throughout the day, improving overall quality of life.

### Improved Mental Clarity and Focus

Meditation enhances cognitive function by calming the mind and reducing distractions. A 15 minute morning meditation helps clear mental clutter and promotes sharper focus, which is essential for productivity and decision-making during the day.

### Stress Reduction and Emotional Balance

Regular morning meditation activates the parasympathetic nervous system, lowering cortisol levels and reducing stress. This practice cultivates emotional resilience and

balance, enabling individuals to respond to challenges with greater calmness.

## **Enhanced Physical Health**

Besides mental benefits, meditation positively impacts physical health by lowering blood pressure, improving sleep quality, and boosting the immune system. Starting the day with meditation can contribute to long-term wellness.

## **Preparing for Your Morning Meditation**

Preparation is key to maximizing the benefits of a 15 minute morning meditation. Creating an environment conducive to practice and adopting the right mindset can significantly enhance the experience.

### **Choosing a Quiet and Comfortable Space**

Select a location that is free from distractions and noise. This space should be comfortable, whether it involves a meditation cushion, chair, or floor mat, allowing for a relaxed seated posture.

### **Setting a Consistent Time**

Consistency strengthens meditation habits. Allocating the same time each morning, preferably immediately after waking, helps establish a routine that integrates seamlessly into daily life.

### **Using Aids and Tools**

Some practitioners benefit from aids such as guided meditation recordings, ambient music, or timers. These tools can assist in maintaining focus and ensuring the session lasts the intended 15 minutes.

## **Effective Meditation Techniques for 15 Minutes**

Various meditation techniques suit a 15 minute morning session. Selecting the appropriate method depends on individual preferences and goals.

### **Mindfulness Meditation**

This technique involves paying attention to the present moment without judgment, often focusing on the breath or bodily sensations. Mindfulness meditation enhances awareness

and reduces rumination.

## Guided Meditation

In guided meditation, an instructor's voice leads the practitioner through visualization or relaxation exercises. This approach can be especially helpful for beginners or those seeking structured practice.

## Focused Attention Meditation

Focused meditation directs attention to a single object, such as a mantra, candle flame, or sound. This method trains concentration and calms the mind by minimizing distractions.

## Loving-Kindness Meditation

This practice cultivates feelings of compassion and goodwill, beginning with oneself and extending outward to others. It fosters positive emotions and reduces negative thought patterns.

## Step-by-Step Guide to a 15 Minute Morning Meditation

Implementing a structured approach ensures that a 15 minute morning meditation is both effective and sustainable. The following steps outline a simple routine to follow.

1. **Find Your Space:** Settle into your chosen meditation area and assume a comfortable seated position.
2. **Set an Intention:** Briefly acknowledge your purpose for meditating, such as cultivating calm or focus.
3. **Begin with Deep Breaths:** Take slow, deep breaths to relax the body and prepare the mind.
4. **Select a Technique:** Choose a meditation method that feels appropriate for the moment.
5. **Maintain Focus:** Gently return your focus to the chosen object or sensation whenever distractions arise.
6. **Conclude Gently:** As the 15 minutes end, slowly open your eyes and take a moment to notice the effects.

# **Tips for Maintaining a Consistent Meditation Practice**

Building and sustaining a daily 15 minute morning meditation habit requires dedication and practical strategies. The following tips support long-term consistency.

## **Create a Ritual**

Incorporate meditation into an existing morning routine, such as after brushing teeth or drinking water, to anchor the habit.

## **Start Small**

If 15 minutes feels intimidating initially, begin with shorter sessions and gradually increase to the full duration.

## **Track Progress**

Use a journal or meditation app to record sessions and reflect on experiences, which can boost motivation.

## **Be Patient and Compassionate**

Recognize that meditation is a skill developed over time. Avoid self-criticism when sessions feel challenging or inconsistent.

## **Common Challenges and How to Overcome Them**

Practitioners often encounter obstacles when establishing a 15 minute morning meditation routine. Identifying and addressing these challenges facilitates continued growth.

### **Difficulty Concentrating**

Mind wandering is natural. Techniques such as focusing on the breath or using guided meditations can aid concentration. Consistent practice gradually improves attention span.

### **Time Constraints**

Busy schedules may hinder daily practice. Prioritizing meditation as a non-negotiable part of the morning and setting reminders can alleviate this issue.

## **Physical Discomfort**

Discomfort from sitting can distract practitioners. Experimenting with different postures and using supportive cushions can enhance comfort.

## **Impatience with Results**

Benefits of meditation accumulate over time. Maintaining realistic expectations and appreciating small improvements encourages persistence.

## **Frequently Asked Questions**

### **What are the benefits of a 15 minute morning meditation?**

A 15 minute morning meditation can help reduce stress, improve focus, enhance emotional well-being, boost energy levels, and set a positive tone for the rest of the day.

### **How can I start a 15 minute morning meditation routine?**

To start, find a quiet and comfortable space, set a timer for 15 minutes, focus on your breath or a guided meditation, and try to meditate consistently every morning to build the habit.

### **What is the best time to do a 15 minute morning meditation?**

The best time is usually right after waking up, before starting your daily activities, as your mind is calm and it helps establish a mindful and peaceful mindset for the day.

### **Can a 15 minute morning meditation improve productivity?**

Yes, meditating for 15 minutes in the morning can improve productivity by enhancing concentration, reducing anxiety, and increasing mental clarity throughout the day.

### **Are there any recommended techniques for a 15 minute morning meditation?**

Popular techniques include mindfulness meditation, focused breathing, body scan, loving-kindness meditation, and guided meditation apps that help maintain focus and relaxation during the 15 minutes.

# Additional Resources

## 1. *Morning Calm: 15-Minute Meditations to Start Your Day*

This book offers a collection of short, guided meditations designed to help you cultivate calm and clarity each morning. Perfect for busy individuals, the sessions require only 15 minutes and focus on mindfulness, breathing, and gentle visualization techniques. It encourages creating a peaceful morning routine that sets a positive tone for the entire day.

## 2. *Sunrise Serenity: Quick Meditations for a Peaceful Morning*

Sunrise Serenity provides simple, effective meditation practices that can be completed in just 15 minutes. The author blends ancient meditation wisdom with modern mindfulness strategies to help reduce stress and enhance mental focus. Each chapter includes a new meditation to help you greet the day with tranquility and intention.

## 3. *15 Minutes to Mindfulness: Morning Meditations for a Balanced Life*

This book emphasizes the power of short morning meditations to create lasting balance and well-being. With easy-to-follow exercises, readers learn how to develop a consistent meditation habit that fits into their busy schedules. It also offers tips on maintaining mindfulness throughout the day.

## 4. *Awaken Your Spirit: 15-Minute Meditations for Morning Renewal*

Awaken Your Spirit guides readers through rejuvenating morning meditations that foster self-awareness and inner peace. The book includes inspirational reflections and practical advice to help you start each day feeling refreshed and centered. These brief sessions are ideal for beginners and experienced meditators alike.

## 5. *The Morning Mind: Quick Meditations to Boost Focus and Energy*

Focused on enhancing mental clarity and energy, this book presents a series of 15-minute meditation practices tailored for the morning. It combines breathing techniques, visualization, and affirmations to help you cultivate a sharp and positive mindset before the day begins. The practical approach makes it accessible for all skill levels.

## 6. *Rise & Reflect: 15-Minute Guided Meditations for a Joyful Day*

Rise & Reflect offers guided meditations that inspire gratitude, joy, and mindfulness in the early hours. Each 15-minute practice is designed to help you connect with your intentions and approach the day with optimism and calm. The book also includes journaling prompts to deepen your reflective practice.

## 7. *Calm Mornings: Short Meditations for Stress Relief and Clarity*

This book provides quick and effective meditation techniques aimed at reducing morning stress and promoting mental clarity. With straightforward instructions and soothing scripts, it helps readers develop a morning ritual that eases anxiety and sharpens focus. It's an excellent resource for those seeking peace in a hectic lifestyle.

## 8. *First Light: 15-Minute Meditations to Energize Your Morning*

First Light combines mindfulness and gentle movement to create energizing morning meditations that take only 15 minutes. The book encourages starting the day with intention and vitality through guided breathing, body awareness, and positive affirmations. It's suitable for anyone looking to add mindfulness to their morning routine.

## 9. *Quiet Dawn: 15-Minute Meditations for Mindful Mornings*

Quiet Dawn offers a serene collection of brief meditations to help you embrace stillness and presence at the start of your day. The practices focus on cultivating gratitude, compassion, and calm, providing a peaceful transition from sleep to wakefulness. This book is ideal for those who want to nurture a mindful and grounded morning habit.

## 15 Minute Morning Meditation

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**15 minute morning meditation:** *Federal Communications Commission Reports* United States. Federal Communications Commission, 1968

**15 minute morning meditation:** *Federal Communications Commission Reports. V. 1-45, 1934/35-1962/64; 2d Ser., V. 1- July 17/Dec. 27, 1965-* United States. Federal Communications Commission, 1964

**15 minute morning meditation:** *Yoga for Men* Thomas Claire, 2003-10-08 A comprehensive introduction to yoga geared to men of all ages and backgrounds—whether they're athletic or sedentary, young or old, devotees of yoga seek new information to enhance their existing practices or neophytes just starting out of their yoga journals.

**15 minute morning meditation:** *Morning Mindset Mastery* Jade Summers, 2024-11-20 □ Unlock the Power of Your Mornings! □ Transform your mornings into a springboard for success with Morning Mindset Mastery! □ Whether you're a busy professional, a student, or someone striving for balance, this book offers actionable steps to master your mornings with ease. Say goodbye to chaotic starts and hello to calm, productive, and fulfilling days. Highlights: □ Proven techniques to craft the perfect morning routine □ Science-backed strategies for boosting productivity □ Simple mindfulness practices to reduce stress □ Quick workouts to energize your body and mind □ Delicious breakfast ideas to fuel your day Take charge of your mornings, and watch your life transform—one sunrise at a time. □

**15 minute morning meditation:** *Habits of Devotion* James M. O'Toole, 2018-07-05 For generations, American Catholics... lived out their faith through countless unremarkable routines. Deep questions of theology usually meant little to them, but parishioners clung to deeply ingrained habits of devotion, both public and private. Particular devotions changed over time, waxing or waning in popularity, but the habits endured: going to mass on Sunday, saying prayers privately and

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**15 minute morning meditation: Yes, You Can Do This! How Women Start Up, Scale Up, and Build The Life They Want** Claudia Reuter, 2020-02-14 How women can lean in to entrepreneurship to create the life they want! Claudia Reuter left a promising corporate career to raise her two young children but realized, when re-entering the workforce, that the gap in her resume looked like a gap in ambition—not a purposeful plan. Instead of leaning into a corporate career and fighting the structures and systems designed by and for men decades ago, or leaning out and giving up income, Claudia took a different path. That decision ultimately led to success in the corporate world and at home. In *Yes, You Can Do This!*, Claudia shares her own reasons for starting a business and makes a call to action for women to consider entrepreneurship so that they can create businesses with the rules they want and change the playing field for others, making a significant impact in the world. More than a how-to book on building a business, *Yes, You Can Do This!* provides clear examples and practical resources to help others create the life they want through entrepreneurship. In *Yes, You Can Do This!*, you'll learn: How to develop and share your vision How to deal with stereotypes and unconscious bias How to leverage perceived weaknesses and turn them into strengths How to balance life at high speeds and avoid burnout How to cultivate the confidence to move from idea to creating a company with the culture and rules you want Claudia provides women with an electrifying third career option: it's not just lean in or lean out, but startup and change the playing field for others in the process. Praise for *Yes, You Can Do This!* It's rare to find a book on entrepreneurship that fuels your heart with inspiration and encouragement and your mind with practical, tangible things you can put into action immediately — but this is one of them. As a woman who has started three companies and been a senior team member of five startups, this is the guide I wish I'd read when I was starting out. —Nataly Kogan, Author of *Happier Now* and founder of *Happier, Inc.* Combining compelling storytelling with practical, tactical advice, Reuter has created a manifesto for the next generation of female founders. Rooted in the research around gender and work, this is a must read for women looking to launch the next new thing. —Jennifer McFadden, Associate Director of Entrepreneurial Programs, Yale School of Management A must-read for any woman considering taking the leap into entrepreneurship, *You Can Do This* brings together today's best thinking about women in the workplace with practical advice for creating your dream career and life - by starting a company. Whether you are just curious or ready to take the leap, this book is a great read and a valuable resource. —Anna Barber, Managing Director, Techstars Claudia helps not just the female entrepreneur, but all entrepreneurs, find their footing in what can be an overwhelming whirlwind of starting a business. This book is not only inspiring and uplifting, but positively necessary for any woman looking to find success in the startup space! —Shira Atkins, Co-founder & CMO Wonder Media Network Stories of entrepreneurial success exist in abundance for men who receive 97.8% of venture funding and hold 95% of CEO roles. What is most inspiring about Claudia's book, making me want to shout from the rooftop, is that it is told from the perspective of an everyday woman who pushed hard through barriers, doubts, and setbacks that any entrepreneur would face. On top of all that, she overcame obstacles that are uniquely ours as women today. Claudia is now a standout among women, but with her book in hand, women who want to build a business to scale have a blueprint and path to do so. Here's to making dreams come true! —Coco Brown, CEO and Founder, The Athena Alliance. As I read through the book, there were



multiple points where I thought, 'Every man in any startup or fast-growing business should read this.' As a man in technology, I took away lots of new ideas, along with examples that were explained in a way that I wouldn't have been able to do prior to reading Claudia's book —Brad Feld, Managing Director, at Foundry Group, author of *Venture Deals* and *Do More Faster* Reuter breaks the stigma about mothers that chose to leave the workforce. She provides practical tools to start a business, by showing the path to success for every woman that wants to write her own rules —Sharon Kan, CEO of Pepperlane & Co-Founder of the WIN Lab Reuter manages to put into words what women have been facing and feeling for decades. She leaves the readers with stories, steps and inspiration to create the career path they are worthy of no matter if it's starting from scratch or breaking glass ceilings. This book will fuel the next generation of women in leadership and entrepreneurship giving them guides and confidence as it has fueled me to start the business I have always wanted.

—Elizabeth Presta, CD(DONA), CLD

**15 minute morning meditation:** *"I Am" the Creator* Steven Dieringer, 2014-08-08 At this very moment you are creating your life. You always have and always will. You cannot change this, it is how you were created. Through simple, yet very profound shifts of inner dialogue you will begin to create the life you desire. No matter who you are and regardless of the state of your life if you are still breathing you can discover a life of purpose, passion, and joy. Today you can begin the journey of discovering the authentic you and realize your magnificence.

**15 minute morning meditation:** *A Unique Documentary of Health through Nutrition* Konstantinos "Gus" Deligiannidis, *A Unique Documentary of Health through Nutrition* is a documented story on four major health problems that were treated and healed alternatively. These were: 1. Blood Pressure 2. Weight Loss 3. High Cholesterol 4. Anxiety Disorder. Read it, enjoy it, practice it, and share it with a friend, I guarantee you it's going to change your life. Remember: Everything in moderation.

**15 minute morning meditation:** *The Self-Care Blueprint: Daily Rituals for a Balanced Life* Jens Belner, Feeling overwhelmed, stressed, or constantly drained? It's time to prioritize YOU. In today's fast-paced world, self-care isn't a luxury—it's a necessity. *The Self-Care Blueprint: Daily Rituals for a Balanced Life* is your practical, science-backed guide to creating a sustainable self-care routine that enhances your mental, emotional, and physical well-being—without feeling guilty or overwhelmed. This book is not about quick fixes or unrealistic wellness trends. Instead, it provides a step-by-step blueprint to help you integrate small but powerful self-care rituals into your daily life, so you can feel more energized, focused, and fulfilled. Inside This Transformational Guide, You'll Discover:

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**15 minute morning meditation:** *The Power of Persuasion, Second Edition* Harry Hazel, 2005-07-19 Persuasion is a powerful tool. Attorneys use it to win cases. Politicians practice the art to harvest votes. Salespeople and advertisers rely on it to sell everything from soap to skyscrapers. Preachers weave persuasion into their sermons. Parents try to motivate children and children try to influence their parents. Persuasion can help or hurt. It can help people land a job, earn a living, or get a friend through a tough time. But it can also make the unwary spend more money than they should and get them tangled in commitments they don't want to make. 'The Power of Persuasion'

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**15 minute morning meditation:** MORNING MEDITATIONS JOURNAL THE EDITORS OF HAY HOUSE., 2022

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**15 minute morning meditation:** *Master Your Morning Routine for Maximum Success: How to Start Your Day Like a Champion* Silas Mary, 2025-02-19 Master Your Morning Routine for Maximum Success: How to Start Your Day Like a Champion How you start your day determines how you live your life. Do you wake up feeling energized and ready to conquer the day, or do you hit snooze, scramble through your morning, and feel behind before noon? The secret to success isn't luck—it's how you begin each morning. This book is your ultimate guide to designing a powerful, productive, and energizing morning routine that sets you up for success in every area of life. Inside, you'll learn:

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- How to wake up earlier and with more energy—without feeling exhausted
- The simple formula for boosting motivation, mental clarity, and discipline
- How to turn your morning into a launchpad for success in business, health, and life

Winners don't start their day by accident—they design it for success. If you're ready to take control, build momentum, and create a powerful morning routine that fuels your goals, this book is for you. Your success starts the moment you wake up. Are you ready to rise like a champion?

**15 minute morning meditation:** The 5AM Advantage and How to Own Your Mornings: How to Win Before Noon Silas Mary, 2025-02-14 The most successful people in the world often credit their early mornings as the key to their success. This book explores the powerful advantages of waking up at 5AM and how it can set the tone for an incredibly productive day. You'll learn how to structure your mornings for success by incorporating habits like exercise, meditation, reading, and goal-setting. By mastering your mornings, you'll build momentum that carries you through the rest of your day with energy, focus, and drive. Waking up early isn't just about getting a head start—it's about creating a dedicated time for self-improvement and growth. This book provides a roadmap for owning your mornings, developing a consistent early-rising routine, and using those precious morning hours to set yourself up for success. With the 5AM advantage, you'll learn how to conquer your day before most people have even started, giving you a massive edge in everything you do.

**15 minute morning meditation:** Believe your body Dr. Alexandra Marxer, 2024-11-24 This book is presenting you the practical guidelines of how to manifest complete health with spiritual techniques, inspired by the greatest spiritual teachers of our time like Louise Hay, Maya Angelou, Eckhart Tolle, Dr. Wayne W. Dyer and Esther & Jerry Hicks with their Teachings of Abraham. Each chapter includes a poem that connects with the topic and speaks to your soul. Dr. Alexandra Marxer, with over 25 years of experience as a medical doctor, has discovered the spiritual insights inherent in the diseases affecting our major organ systems, including the heart, brain, lungs, intestines, etc. She utilizes this knowledge to guide individuals in healing both their bodies and minds through spiritual techniques. She presents nine practical techniques for personal healing, as well as nine advanced methods designed for medical doctors and therapists. These approaches not only assist

people in regaining their health but also facilitate a transformative shift in their mindset towards a happier and mentally aligned life. Her work exemplifies the integration of medical expertise and spiritual understanding, offering valuable resources for both individuals and therapists on their journey to wellness.

**15 minute morning meditation: Sleep Smarter** Shawn Stevenson, 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In Sleep Smarter Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

**15 minute morning meditation: Morning Routine Magic** Javier Aufderhar, AI, 2025-02-13 Morning Routine Magic explores how optimizing your mornings can transform your entire day, enhancing productivity, mental clarity, and overall well-being. The book emphasizes the power of habit formation, revealing how a consciously designed morning routine acts as a tool for self-mastery. Readers will discover the impact of aligning morning activities with their natural circadian rhythms for increased cognitive function. The book guides you through creating a personalized routine that incorporates mindfulness, exercise, and strategic planning. It provides practical techniques such as meditation, yoga, and time-blocking to help reduce stress and sharpen focus. Case studies and examples of successful morning routines illustrate these principles, showing how routines can be adapted to individual needs. Morning Routine Magic progresses from the science behind routines to practical implementation, offering advice on maintaining consistency and overcoming obstacles. By blending scientific research with real-world examples, the book empowers readers to take control of their mornings and, consequently, their lives. It provides actionable strategies and templates for creating personalized routines, balancing structure with flexibility.

**15 minute morning meditation: Bikini Bootcamp** Melissa Perlman, Erica Gragg, 2009-04-22 Get in shape for beach season! This super-slimming, body-sculpting makeover takes off ten pounds and gets you bikini-ready—in just two weeks. Bikini Boot Camp creators Melissa Perlman and Erica Gragg know that the secret to losing weight and getting fit is not another diet or endless hours at the gym. Instead, it's a highly targeted exercise plan combined with healthy, delicious, all-natural foods that jump-start your metabolism and melt away the pounds. At the elite Amansala Eco-Chic Resort and Spa in Mexico, their Bikini Boot Camp program has become the destination of choice for celebrities and women everywhere who want to change their bodies and their lives. Now, this book gives you everything you need to recreate the Bikini Boot Camp experience at home—from the signature workouts to the low-cal, Latin-flavored dishes—and achieve the same incredible results. Capturing the spirit of the spa and Mexico's sunny shores, each day of Bikini Boot Camp provides you with: A total-body workout that combines walking, circuit training, core strengthening, and yoga to target trouble spots and sculpt you head to toe Energy-enhancing meal plans with slimming, easy-to-follow recipes—a mouthwatering mix of Mexican, Yucatán, and Asian cuisines—straight out of Amansala's kitchen and available here for the first time Mindfulness exercises to relax and restore you, and to help you stay focused on your fitness goals Do-it-yourself spa treats, from easy facials to herbal baths With more than 75 mix-and-match recipes, and a lifestyle plan to keep you going after the first two weeks are up, Bikini Boot Camp is the fastest way to whip your body into shape—and have fun doing it! So don't panic now that summer is here. No matter how long you've been putting it off, this book gives you everything you need to achieve a bikini body all year round.

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**16.9** **15.6** **17.3** **?** - **16.9** **x** **y** **15.6** **1** **≈2.54** **15.6** **≈39.6cm** **17.3** **≈43.9cm** **15.6**

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**16.9** **15.6** **17.3** **?** -  $16.9 \times 15.6 \approx 2.54 \times 15.6$   
 $\approx 39.6\text{cm}$   $17.3 \approx 43.9\text{cm}$   $15.6$

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