

# [Podcast Episode 121 - Mindfulness, Attention, and Building Healthy Interactions through Applications with Rakhi Parekh](#)

Rakhi is product design lead at [lumosity.com](https://lumosity.com) and long-time meditator. You'll inevitably know Lumosity which is designed to improve memory, increase focus, and feel sharper and is known as the leading brain training app, personalized for you. Rakhi uses her proven experience in human-centered design to do some amazing things to help people through a digital experience.

Our conversation tackles a wide array of topics from how we can attain mindfulness (even for me who does not like meditation), how UX design has an ethical implication, and how we can do more for ourselves to create better app and societal interactions.

Rakhi's blog is available here: <https://www.rakhip.com>

Rakhi also writes on Medium here: [https://medium.com/@design\\_rakhi](https://medium.com/@design_rakhi)

Connect with Rakhi on LinkedIn here: <https://www.linkedin.com/in/rakhidesign/>

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