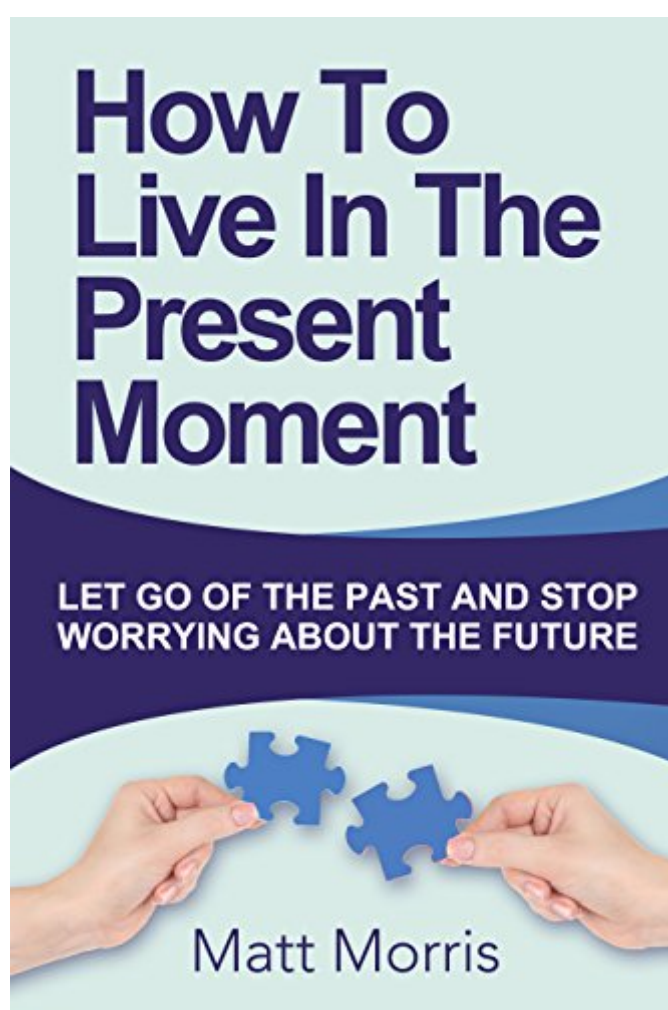


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**Self Help: How To Live In The Present Moment (Self Help, Self Help Books, Self Help Books For Women, Anxiety Self Help, Self Help Relationships, Present Moment, Be Happy Book 1)**



## Synopsis

You are about to be taken to a place of comfort. A place where anxiety does not exist, where you can simply be and enjoy lifeâ |a place called the present moment. The reality is that millions of people are highly stressed-out everyday over work or relationship issues, worrying about things that could potentially happen; or over-planning for the future, when they are completely missing out on the present moment. In addition, people are stressing about things that have already happened, that are unchangeable because they are in the past, and again, missing out on what is going on in the present moment. Here Is A Preview Of What You'll Learn...How To Clear Your Mind Of Worries And StressHow To Enjoy Each And Every MomentHow To Increase Your Productivity With Mental ClarityStrategies To Let Go Of The PastHow To Access And Remain In The Present MomentHow To MeditateInquiries At The End Of Each Chapter To Increase Your Awareness Of The Present MomentAnd Much, Much More! This book is designed to be an inspirational and meaningful read. It gets straight to the point, and is easy to understand. The ability to live in the present moment is the gateway to peace and happiness, and the answer to relieving stress and anxiety. I hope it will be an eye-opening, refreshing experience for you. Prepare to be anxiety-free with this simple step-by-step formula...To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy-Now" Button.

## Book Information

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## Customer Reviews

This book is an excellent beginner's guide to understanding the ways of mindfulness and living in the moment. This sort of thinking and or meditation practice is most often associated with Zen Buddhist practices. However, this 52 page book puts the practices of meditation and being mindful and appreciating and/or living in the moment into easy to understand language that can then be used to apply this particular set of skills to practice in daily life. This book is designed to help people stop worrying and lessen their stress and appreciate, or at least learn from any given situation. They may find themselves in on a daily basis. I came across this book because I'm a big believer in mindfulness and living in the moment and I'm always looking for ways to expand my mind and meditation practices as well as simple ways to explain the art of mindfulness and put it into an easy to understand context for those that aren't generally familiar with Zen Buddhist practices and traditions. This book serves its purpose wonderfully. It explains everything in a straightforward, easy to understand format that can then be translated into situations and practices for daily life, regardless of whether or not you have a background in Zen Buddhism or meditation practices. Overall I'm extremely happy with my purchase because now I have a new and simple way of explaining the art of mindfulness. The next time someone asks me to explain it.

I picked this book up for personal reasons. I believe that everybody has some regrets in their past. Be it from a traumatic childhood experience, from a broken relationship or some other reason that hampers us from truly living in the present. So how do we let go of the past, move on and get on with our life with a much better perspective and enthusiasm? The book delves into the reason why we are having a hard time moving on. It also give ideas on how you can harness the negative effects and convert it into something positive and through correct mindset, you'll eventually have the courage to pick yourself up and move on.

I was stuck. My beloved husband died 7 years ago, I lost touch with friends, couldn't live the same lifestyle without combined income, had to move and felt as if I lost everything. I moved and couldn't unpack, couldn't clean or organize. I couldn't stop thinking about what if, if only, what could have been or what the future would bring without a good income and retirement plan (it was all gone). I honestly felt like I was losing my mind. I cried every day in spite of seeing counselors and bring on anti anxiety/antidepressants. But I kept hearing the word mindfulness. I'd been trying to find an audiobook about it because my depression affected my ability to concentrate on reading a long book. This very short read was like a pep talk and opened my eyes. I'm sure it'll lead to more

investigation into mindfulness but just what I needed now. Thank you Matt.

If you are stuck somewhere between the past & the future... worrying your days away instead of focusing on the present and all the beauty it brings... this is THE BOOK FOR YOU! Life is tricky... it seems though either there is something in the past we can always focus on... or something that is in the future we can allow to distract us from the present moment... and from our own happiness. Our lives are so much more wonderful than we give them credit for... if you cant understand why your life doesnt seem wonderful... its most likely because your not living it... your stuck in another time zone. ... you cant live in the present, the future and the past simultaneously... and this book so wonderfully and simply explains how you can choose to actively live in the present so that you can appreciate life for all that it is... and make the most of time, our most valuable resource. This is a short read and very informative. Once you start reading... you will easily relate enough to hook you and make you want to keep reading. There is so much enlightening information in such a short amount of pages, it is incredible. I would recommend anyone to read it... because no matter how you feel about life... there is always room to grow and improve and change. This may be exactly what your looking for to alter your perspective just slightly... or change your life completely. Life is what we make it... so make it a good one. Now. This book is a great start in the right direction!

I enjoyed this book, and found it very helpful and positive to me. We all know that we should live in Present Moment, but to understand how to do it, how to feel the life in present and react to your past and future. Good explanation, recommendations and exercises. I liked this book!

• Be curious about your history • is a very good advice from the author. The process can be called self-assessment as well. In this book it basically says that everyone should live in the present and let go of things that is out of hand. That seems to be very cliché but that's the only way you can surpass challenges. If your past is currently haunting you this book should put you back into your senses and live happily in the present.

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