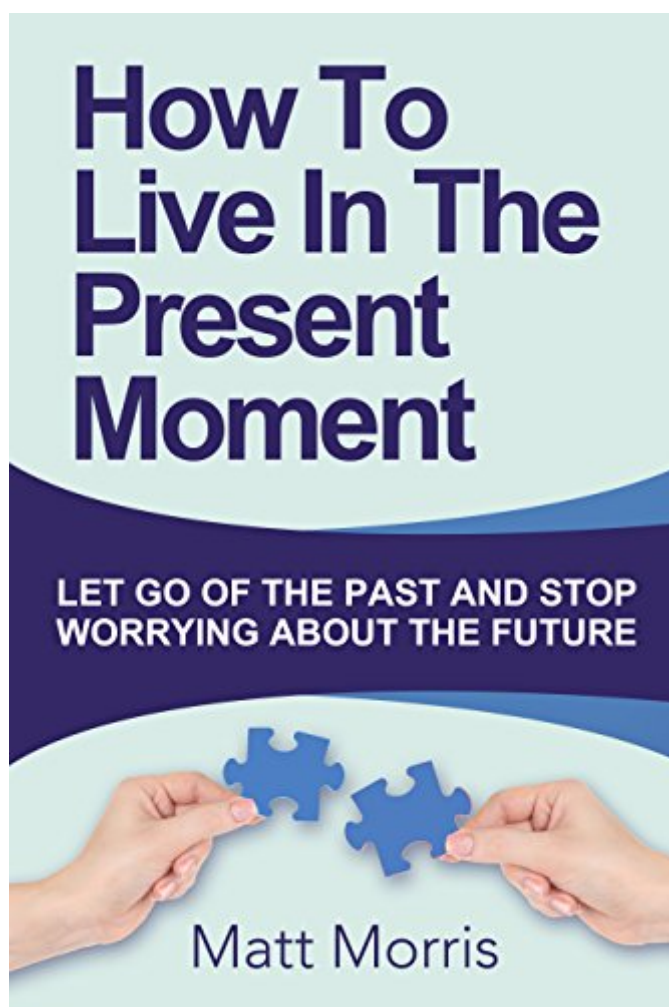


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# Self Help: How To Live In The Present Moment (Self Help, Self Help Books, Self Help Books For Women, Anxiety Self Help, Self Help Relationships, Present Moment, Be Happy Book 1)





## 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

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.

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.

EXTREMELY POWERFUL. I am so grateful to read this book, how many months or years would I have went through of negative thinking about the past. I was so attached to the outcome of my goals, I was so attached to the resentment I had for others. I read this book less than 2 hours and I finally understand now. I can finally stop worrying. I can finally forgive. I can finally be me. I can finally work on the real me. This is what I needed! Nothing is holding me back anymore. THANK YOU MATT MORRIS!

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!

I was still living deep within my past when I purchased this book. The pain, the constant reminders was too overbearing for me to have in my life and still put a smile on my face. The information Matt Morris shares in "How To Live In The Present Moment" caused me to reevaluate my life. He taught me how to quit living in my past and live for every moment. Good read!

A valuable read. I'll read it again. Worth the few dollars it costs. Wish it were a little deeper in the actions category, but does provide some valuable general guidance. I would consider this a good foundational read. Still looking for more. Thanks.

So many things we give importance and they are only illusions of the mind,;you'll learn how to deal with them with simple ways which only can make you excel and be happy; i f you take control of your mind and always "dance" in the present moment, you'll succeed....

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