

## A Guide To The Present Moment Kindle Edition Noah Elkrief

Originally published: New York: Viking, 1939.

Mindfulness for Busy People Everyday demands pull us in all different directions. Our lives can feel scattered, and we often find ourselves reacting to stress rather than pausing to appreciate the moment. We rush around to keep up with our personal and professional to-do lists, yet we still feel defeated, like we're missing out on something. There's a lot working against us in this scattered world, but a mindfulness practice helps us reset, protect our energy, and move forward with a more peaceful heart. In *Own Your Present*, Dr. Candace Good provides you with a path to a more mindful life, helping you reconnect your body and mind with your surroundings. She shares engaging and deeply personal stories of her own struggles with anxiety to show you what it looks like to move beyond your past and inner critic to accept what is, imperfections and all. Dr. Good offers practical advice, therapy techniques, and activities as a map to help you begin or deepen your mindfulness practice. Owning your present, you'll come to learn, is not only noticing a moment or a gift before you but also committing to a journey to rediscover your authentic self, so you can show up when it counts.

Regardless of what is happening in the world, you have what it takes to live in the moment!

Do you get nervous when presenting at work? Do you want to showcase your knowledge, influence people and accelerate your career? Would you like to learn the secrets of successful speaking, communicating and presenting? *How to Present* reveals how you can be a confident, clear and influential presenter every time. Presentation skills expert Michelle Bowden shares her internationally proven 13-step system to exceptional presenting, starting with analysis (plan what you would like to achieve), then design (put your presentation together) and delivery (communicate your message for results). Whether you're presenting or speaking to one person or thousands, this is the essential guide to becoming an outstanding presenter. *How to Present* will help you: maximise your impact in meetings, conferences and conversations manage your nerves so you feel calm and confident engage your audience and master the art of persuasion deliver your message clearly and with authority command attention and achieve your goals! There is no other book on the market like this that will take you step-by-step through the process of successful presenting. —Steve Weston, Managing Director of Retail Lending, UK Retail and Business Banking division, Barclays

Up close and personal, true life situations encountered by the insatiable player, "The Cheating Guide-From a Woman's Point of View" gives insight to many questions you have been pondering about the cheating game. After reading this book, you will become the cheating man your heart desires. The fantasy affair can be yours if you know the rules and are willing to follow them. Jay West can help you with any relationship you decide to indulge. Having been a cheater herself

and being so much better than her male counterparts, she felt the need to help the fellas. Whether men choose to believe it or not, "Women are the experts at the cheating game." By following the advise of Jay West men will be able to exchange chaotic, confusing and disruptive affairs into mutually caring, respectful and understanding unions. "The Cheating Guide-From a Woman's Point of View" asks the questions and offers the answers to the most complex questions of the cheating game. Lack of information will no longer be an excuse for the man who reads this book. There's even a few pointers on how to maintain a committed relationship. Jay West has gone outside of the safety zone of sisterhood by giving men "the business". Nevertheless, she realizes that the man she trains today will be a better cheating man tomorrow, the stories had to be told. The content in "The Cheating Guide-From a Woman's Point of View", can teach the most seansoned cheater a few tricks. "There's a right way to do wrong" is her motto.

A trusted companion and go-to resource for everyone supporting someone at the end of life--from the moment we first learn that someone is dying through the time of death and beyond. Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness--both for the person who is dying and also for ourselves. Inspired by decades of experience caring for the dying and years teaching contemplative care around the world, Kirsten DeLeo shares down-to-earth advice and offers short, simple "on the spot" tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and more. This book offers insight and encouragement when we are unsure what to do or say and shows us how to be present even though we may feel utterly helpless, love when loss is just around the corner, and be fully alive to each moment as time runs out.

Have you always wanted to write a book but, just never get around to it? Do you lack confidence in yourself as a writer? Need inspiration? How to Write a Book in a Week ( A Writer's Guide to Meeting a Deadline ) is the answer to all of these questions and more.

Written by positivity blogger Dani DiPirro, whose life transformed when she decided to focus on living a more positive and present life, this inspirational new two-colour book expands on Dani's highly popular "Positively Present" blog entries, providing specific, action-oriented advice for embracing positive thinking in everyday life in order to: create a nurturing home, build a fulfilling career, develop great relationships, appreciate true love and embrace change. Central to the book's appeal are 30 practical activities relating to the key themes of home, work, friendship, love and change, which form the five main chapters in the book. Alongside motivating lists and special features such a list of "Positivity Principles" and suggestions of "52 Ways to Live in the Moment", the activities provide a "positivity program" that can be done in

sequence or on a dip-in basis to help readers achieve an all-round happier, more fulfilled life.

You've heard it all before: Get good grades. Keep your room clean. Wear the right clothes. Try new extracurricular activities. And why don't you have a boyfriend? All these demands can be mind-boggling! What's a girl to do? *Girls Inc. Presents: You're Amazing!* is a guide to help you deal with the amount of pressure you endure to be "perfect." In this fun and enthusiastic, not-your-mother's book, you'll get advice on not-so-easy topics, including how to: Deal with stereotypes and cliques Figure out the best way to balance school and a social life Navigate the crushes and dating world Find a place in your family Packed with guidance from older teens, female role models, and activities from *Girls Inc.*, this fun to read book is truly a guide to being your very best-and-happiest-self.

In this provocative yet practical guidebook Steve Morlidge demonstrates why the approach and methods of performance reporting that all information professionals have been taught fails, and what we need to do differently to help us make sense of the dynamic, complex and data rich world in which we now live and work. Reporting on performance should not be treated as worthy but dull, requiring no more than routine comparisons of actual against targets. This traditional approach is based on the false premise organisations can be managed as if they were a simple mechanical system operating in a predictable environment. And the methods associated with it, such as variance analyses and data tables that are used to measure and communicate performance, are completely inadequate. Instead, Morlidge argues performance reporting should be reconceived as an act of perception conducted on behalf of the organisation, helping to make sense of the sensory inputs (data) that it has at its disposal. And to do so effectively performance reporters need to learn from and exploit the strengths of our own brains, compensate for its weaknesses and communicate in a way that makes it easy for their audience's brains to assimilate. Drawing on the latest insights from cognitive science in this book you will learn:

- how to bring a dynamic perspective into performance reporting
- how to deploy a set of simple tools to help speared the signal from the noise inherent in large data sets and to make sound inferences
- how to set goals intelligently
- about the grammar of data visualization and how use it to design powerful and simple reports

In this way information professionals are uniquely charged with the responsibility for creating the shared consciousness that is a prerequisite for organisations to effectively respond and adapt to their environments.

Contains material adapted from *The Everything Buddhism Book*, 2nd Edition.

I suspect that if you are reading this book, then you either just finished your book or you are contemplating self-publishing books as a full-time or part-time income or just to publish your book and brag to your friends about it later. In any case, this book is written for you and it comes from my heart, and from my many trial and errors over the last two years and still am doing today. I hope I will not let you down with the content of this book and that you will find it useful.

The Gospels and Acts are composed of writings from St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts. The purpose of which is to give you the spiritual lens that will enable you to see clearly what you fail to see using your physical lens. As you read this collection, try to see the three spiritual themes to it. Get a copy today.

A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a happier more meaningful life. FREE BONUS Included Right After Conclusion - HURRY before it's gone! Publisher's Note: This expanded edition of Letting Go includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure. Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

The bestselling unauthorized guide that will ensure that you get the most out of the Kindle - or give you all the information you need before you decide to buy.

There are countless books on the market about nutrition, diet, and exercise in isolation. Optimal Aging brings these topics together as they

relate to the process of aging and the diseases which so often accompany it. Written by Jerrold Winter, PhD, a professor of pharmacology and toxicology and the author of True Nutrition True Fitness, this book provides an integrated discussion about health matters, offering evidence-based advice regarding nutrition, exercise, and the use of pharmaceuticals as they relate to dementia, obesity, diabetes, cancer, pain, and other hazards of aging. Amid a sea of contradictory information about what's healthful, Optimal Aging stands out, delivering a comprehensive discussion about healthy living that's buoyed by source references, illustrative anecdotes, and just the right dose of humor. Drawing from current scientific understanding and providing historical perspectives, Winter speaks sensibly about drugs and their effects, vitamins and minerals, exercise, weight control, and treatment of age-related symptoms and diseases. With this authoritative book in hand, you'll gain a fundamental understanding of the disparate factors that come together to influence your well-being, setting you on the path to a longer, healthier, and happier life.

Do you want to stop feeling stress, anxiety, shame, unworthiness, depression, anger, guilt, sadness, worry, or fear? It certainly seems as though these emotions are inevitable, and directly created by our circumstances, our situations, and the people in our lives. However, it is possible to discover that all your unwanted emotions are actually created by thoughts in your mind - and each of these emotions can vanish in an instant if you just stop believing these thoughts to be true. This Book Will Help You To: - Experience peace in situations that used to be filled with anxiety and stress - Live with a sense of a wholeness, worthiness, or completeness - Enjoy more love and stronger connections in your relationships with others - Experience the freedom to act how you feel without worrying about others' opinions - Live in the moment or live the power of now (i.e. spiritual awakening) - Experience the fulfillment you have been searching for.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

After the financial crash and the great recession, the media rediscovered Karl Marx, socialist theory, and the very idea that capitalism can be questioned. But in spite of the publicity, the main paths of contemporary critical thought have gone unexplored outside of the academy. Benjamin Kunkel's Utopia or Bust leads readers – whether politically committed or simply curious – through the most important critical theory today. Written with the wit and verve of Kunkel's best-selling novel, Indecision, this introduction to contemporary Leftist thinkers engages with the revolutionary philosophy of Slavoj Žižek, the economic analyses of David Graeber and David Harvey, and the cultural diagnoses of Fredric Jameson. Discussing the ongoing crisis of capitalism in light of ideas of full employment, debt forgiveness, and "fictitious capital," Utopia or Bust is a tour through the world of Marxist thought and an examination of the basis of Western society today.

Is my child too sick to go to daycare today? When can my child go back to daycare? What should I look for when I am considering a daycare center for my new baby? Every parent of a child in daycare asks these questions. Dr. Leigh Grossman's new book, THE PARENT'S SURVIVAL GUIDE TO DAYCARE INFECTIONS, presents the facts about different germs and provides guidance on what to do when your child has been exposed to or is sick with a specific infection. How do I choose a daycare center that uses current infection control practices? How long does a child need to stay home when they do have an infection? Can I prevent infection in my child? What are the appropriate and



inappropriate uses of antibiotics? What are the best practices for treating a specific childhood infection? Designed to be the home reference book for parents of young children in daycare and preschool, THE PARENT'S SURVIVAL GUIDE TO DAYCARE INFECTIONS is a comprehensive and clear book, with an easy-to-use format, informational quick reference tables, and a detailed index. Providing up-to-date guidance, the book includes contributions from 39 pediatric expert physicians. With chapters on most of the infections that parents of children in daycare and preschool encounter, the authors explain what the illness is, how the infection is spread, how the illness is diagnosed, how long it lasts and how long the child needs to stay at home. This book is a ready reference for the children in your life and an excellent gift for the new parent.

The time-honored national bestseller, updated with a new afterword, celebrating 10 years of influencing the way we live. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

Appreciate your life- right here, right now. Learn how to use mindfulness every day, by listening to your body, becoming more aware of the present and letting go of negative thoughts. Mindfulness teacher and consultant Tessa Watt introduces simple techniques with lots of examples and exercises for newcomers to begin right away, as well as outlining deeper mindfulness practice for those who wish to take it further. Reduce anxiety and handle your emotions more effectively, enjoy the moment and recover from bad moods more quickly, and slow down and find your own source of calm.

Helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. This title describes different types of past-life recall experiences and shares favoured techniques of meditation and visualization used to gain access to those memories.

Improve your speaking skills today with this carry-along coach written by two of the top professionals in the field Sales calls. Weddings. Business conferences. Weekly meetings. We're all called on to speak in public. Often, professional success and advancement depend on it. Yet many people find the experience draining or terrifying, or remain unsatisfied with their own ability to engage and sway an audience. In *Present Like a Pro*, you'll learn how to: · Solicit useful feedback. · Deal with hecklers. · Gracefully handle A/V malfunctions. · Sell your point through audience participation. · Evoke the power of your own life in your talk. · And much more! Kevin E. O'Connor and Cyndi Maxey have distilled the knowledge they've acquired from more than forty-five years combined of professional speaking into a concise, easy-to-use guide that will help anyone *Present Like a Pro!*

The host of the award-winning humorous news program offers tongue-in-cheek insight into American democracy with coverage of such topics as the republican qualities of ancient Rome, the antics of our nation's founders, and the ludicrous nature of today's media.

The ultimate interactive public speaking guide from tech speakers Poornima Vijayashanker and Karen Catlin that prepares and encourages techies to discover their expertise, confidently share it, and successfully level up in their careers. Techies around the world can now jump start and grow their speaking careers with the book, *Present! A Techie's Guide to Public Speaking*, written by tech leaders, Poornima Vijayashanker and Karen Catlin. The book serves as a resource for technology professionals who want or need to develop the skills to communicate their expertise effectively, whether in a meeting at work or delivering an engaging talk at a conference. Poornima, who is the founder of Femgineer and the founding engineer of Mint.com, collaborated with former Adobe vice president and founder of Karen Catlin

Consulting, Karen Catlin, to compile and share their lessons, tips, and techniques learned from their own experiences as professional tech speakers. "Karen and I wanted to write this book so that our fellow techies would have a comprehensive resource to help them with their own public speaking endeavors. So many folks in the tech industry have amazing ideas and experience, but they often feel stuck on how to present them effectively. Also, our hope is that more women will be inspired by our stories and encouraged to get out there and share their own valuable expertise through public speaking in order to boost representation of women tech speakers," Poornima said. Present! covers public speaking from A to Z. Through stories, examples, and interactive exercises, Poornima and Karen dive into topics including, overcoming stage fright, exploring personal speaking style, creating the right talk for the right audience, polishing presence and delivery, and nailing any type of talk, whether it's a lightning or long-form talk or being part of a panel. Karen said, "Even though Poornima and I are professional speakers, we felt it was important to share our own feelings of nerves and uncertainty, and bumps we've had along the way - and sometimes continue to experience. It was important for us to communicate that no one is perfect and it really is okay when talks don't always go according to plan. Our hope is that by being open, we'll be able to give others the confidence and the techniques to handle situations when they arise, deliver an amazing presentation, and most importantly, have FUN!"

Nationally acclaimed parent coach and trainer Tina Feigal returns with this revised edition of her book, formerly titled The Pocket Coach for Parents. With new content on trauma-effective parenting, Present Moment Parenting: Your Guide to a Peaceful Life with Your Intense Child will help you: \* Understand the connection between the child's heart and brain \* Recognize how the brain responds to stress and trauma \* Learn effective parenting strategies to decrease intensity and create peace at home There are many reasons a child doesn't respond to typical parenting techniques--a mental health diagnosis (such as ADHD or ODD), a life challenge (such as divorce or removal from home), autism, attachment issues, giftedness, physical or emotional trauma--or simply being "hard to handle." Whatever the root cause of the intensity, Present Moment Parenting will give you the tools you need to create a peaceful life.

A guide to English language grammar covers the parts of speech, sentences, and punctuation along with information on writing style and a collection of quizzes.

Past events haunt all of us and the future weighs heavy. Our what ifs, maybes, and not good enoughts paralyze us and prevent us from enjoying what we have right in front of us - the beauty of a sunset, accolades for a successful project, the smell of freshly baked bread, a good friend. We accept our past as who we are, and yet, we would all like to break out of that mold and truly enjoy life for what it is. How To Live In The Present Moment, Version 2.0 will gently guide you through breaking the shackles of your debilitating thought patterns of the past and future and give you the tools to live in the Present Moment. The methods I describe will lead you through the unknown jungle of self-doubt and I will show you how you can forgive yourself and those around you so that you can move on to become who you truly are NOW, not who you were yesterday. I discuss how you can meaningfully plan for your future without getting bogged down in trying to predict what might happen. So take my hand and let's stroll down the path of self-discovery and celebrate the true and happy new you - the you who has been waiting patiently in the wings for you to discover how to live in the Present Moment and thus discover true happiness. It is time to break out of your self-imposed jail sentence to experience freedom of your body and mind using the power of the Present Moment! For more information on Spiritual Healing, go to: <http://www.rootscoaching.com>

A New York Times bestselling journalist sets out to explore our addiction to the quantification of everything and ends up confronting his own addiction to certainty. In the quiet of quarantine, he decides to choose ease, rather than control—pursuing habits and hobbies that bring joy

and “tickles” to each and every moment—and finds peace of mind, renewed creativity, and deepened relationships are the reward. In 2020, nothing went according to plan. Duff McDonald had intended to write a book about society’s obsession with measurements, data, and predictions, showing how it blunts individual happiness and decision-making while fueling corporate capitalism. But in the quiet of quarantine, McDonald found himself reexamining the assumptions beneath his own life choices. He also reconsidered his book, deciding instead to reframe his approach as an exploration of his own battle with what he calls the “precision paradox”—the existential struggle between our desire for ease and our need to exert control. Drawing inspiration from an impressive range of sources—from Borges to the Buddha to Bob (Dylan) to Harry Potter—McDonald documents how he let go of his attachment to precision in favor of delving deeper into what it means to be present—in his work, his relationships, and what he calls the “science of experience.” He asks, “What should I have been doing? I should have been focusing on things that I love, not the things that anger or annoy me. I should have been focusing on things that tickle me.” Part self-help, part memoir, *Tickled* is a story of how to bring joy and love into your life right now. McDonald acknowledges that “tickle” is a funny, awkward word. In one context, it’s as innocent as can be. But it also runs deeper. When something tickles you, you are in the moment, experiencing reality itself—at the vortex of truth, consciousness, and bliss. “When something tickles, that’s your soul speaking to you in the language of love, thanking you for experience,” he says. As he lays out his own personal transformation, McDonald invites readers to begin their own journeys to find out what “tickles” them, too. This exploration of joy and presence—experiences that tickle—lies at the heart of McDonald’s unusual, moving, and profound book.

At just twenty-two years of age, Briana Mils finds herself at a desperate crossroads. Once a promising student at the University of Oregon, she now finds herself alone on the streets of Portland with only the clothes on her back, memories of a happier time, and the stray dog that’s adopted her. And she’s got the drug that helps her forget. Briana’s mistakes haunt her, lashing her with severe consequence, forcing her to make a decision few would ever make. Still, in a final attempt to make her young life count for something, Briana begins writing it all down—everything—so that others walking the crumbling precipice of rebellion might leap to safety before it’s too late. She writes about her present struggles and the past. She writes about Michael, the boy she loved and left behind when she went off to college. She writes about the violent activism and drug that derailed her life. She writes about the demands placed on her by a socially conscious mother, and the adoration shown by a proud father. And Briana talks about Brody—the young activist leader who captured her heart, took it to the altar, and then crushed it. What develops is an engrossing record of a young and troubled life, one both beautiful and ugly, innocent and corrupt, lost and then found. And wrapped in its literary sinew is a cast of characters as diverse and engaging as the stars, and an impassioned love story sure to transcend time. What readers are saying: “Timeless...provocative.” “Characters so real you’d swear this was a true account.” “A brilliant read!” *Alone Among People* is D. M. Anthony’s first novel. He lives in California where he’s at work on his next book. This review is from: *Alone Among People* (Paperback) A Compelling and Heart Warming Story, September 25, 2012 “*Alone Among People* is at once an engaging, moving story and a provocative statement about the thin line between thriving and sinking into an abyss as inescapable as quicksand. Its timeless and uplifting messages of hope conquering despair, healing borne of love and care, and peace at discovering one’s identity are an inspiration. The author’s empathy for the characters and their plight betrays knowledge of what he writes, and offers the reader a unique glimpse into a vulnerable and intimate place... his heart. I recommend this book to anyone who has traveled through the anguish of darkness and longed for the light; it may just guide your way.”

Filled with powerful but easily accessible concepts and exercises, *Present Moment Awareness* shows readers how they can drop their



emotional baggage, calm their worries about the future, and start enjoying the peace and joyfulness that can only be found in the Now. Author Shannon Duncan reveals how opening to the present moment can allow us to discover the limiting perceptions, emotional turmoil, and habitual reactions that so often dictate our experience of life. He shows how we can discover the true causes of our stress and discontent, transform our emotions from rulers into advisers, and start appreciating the gift of life, right here and now.

Do you wake up excited to enjoy the day? We all deserve to be happy and live the lives we want. Holistic nurse practitioner Bonnie Groessel reveals a variety of simple steps you can take to achieve better health, happiness, relationships and abundance. Stress is a challenging part of life, yet we can't live without it. To experience life is to experience stress. Bonnie describes how stress isn't so much what happens, but our reaction to it. Sometimes life throws us a curveball, but we have the innate ability to deal with any detour in life. We all have the power within us to open the door to a better life. You have the choice to empower yourself. No one can do that for you. Bonnie reveals strategies and techniques that power each of the 5 steps to better health and happiness. Take what fits for you and incorporate these easy steps into your life. This book serves as a treasure chest of resources, helping you add to your toolbox so you can move past any current barriers and create the life you want.

A Practical Guide to Living Life in the Present Moment "This moment is it. It is everything. It is all there is, and the solution to any difficulty in your life is to be found here and here alone..." Based on more than 25 years of experience, bestselling author and facilitator Ernest Holm Svendsen takes you on the most important journey of your life. The journey from the prison of your mind to the vitality and aliveness of the present moment. In his down-to-earth style and using practical exercises and experiments, Ernest shows you exactly how to change your life by shutting down your autopilot and waking up to the spontaneous joy of being in the present moment. Through clear explanations and step-by-step guidance, How to Live In the Now offers a practical path to living life in the present moment which is available to anyone, no matter their life circumstances. Learn how to be in the present moment Learn how to let go of anxiety and worried thoughts Learn how to create deep connections with others Learn how to stop seeking approval and be yourself "I loved this book and how it taught me to live life in the present! From the precise and easy-to-understand explanations to the simplicity of the practices it has made such a difference for me." "It was as if I could weave your instructions as a thread through my (very busy) life as a working parent. I have spent so much time not living in the present and I can't begin to express what getting better at living now has brought to my marriage, the relationship to my children and my work life." "I've read so many books on how to live in the present. Being present in the moment is the most important topic in life but it is so often misunderstood. Your book really clears it up and the training program is just perfect. Thank you for this little gem making everyone better at living in the now!"

Nominated for a Small Business Marketing Book award!. You have 30 days to convert a user to a paying customer starting NOW. The clock is ticking. What will you do? Collecting and analysing the messaging and strategies the leading e-commerce, software and service companies use as they convert trial users to customers in the most important 30 days after sign-up. Each companies strategy is broken down and presented in an easy to use and understand visual guide. 30 days to sell is a must buy if you are looking to automate and improve new customer conversion. This book covers: Activation campaigns from the worlds leading web companies. Easy reference guide - what message to send and when. Full page examples of each marketing message. Steal ideas from successful entrepreneurs, marketers and growth hackers. Two new bonus chapters showcasing more activation campaigns.

"An engaging resource written for anyone interested in learning how to save their personal digital information. The digital era has reshaped

the nature, scope, and use of personal information. This book analyzes the concepts associated with preserving and managing personal digital information"--

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