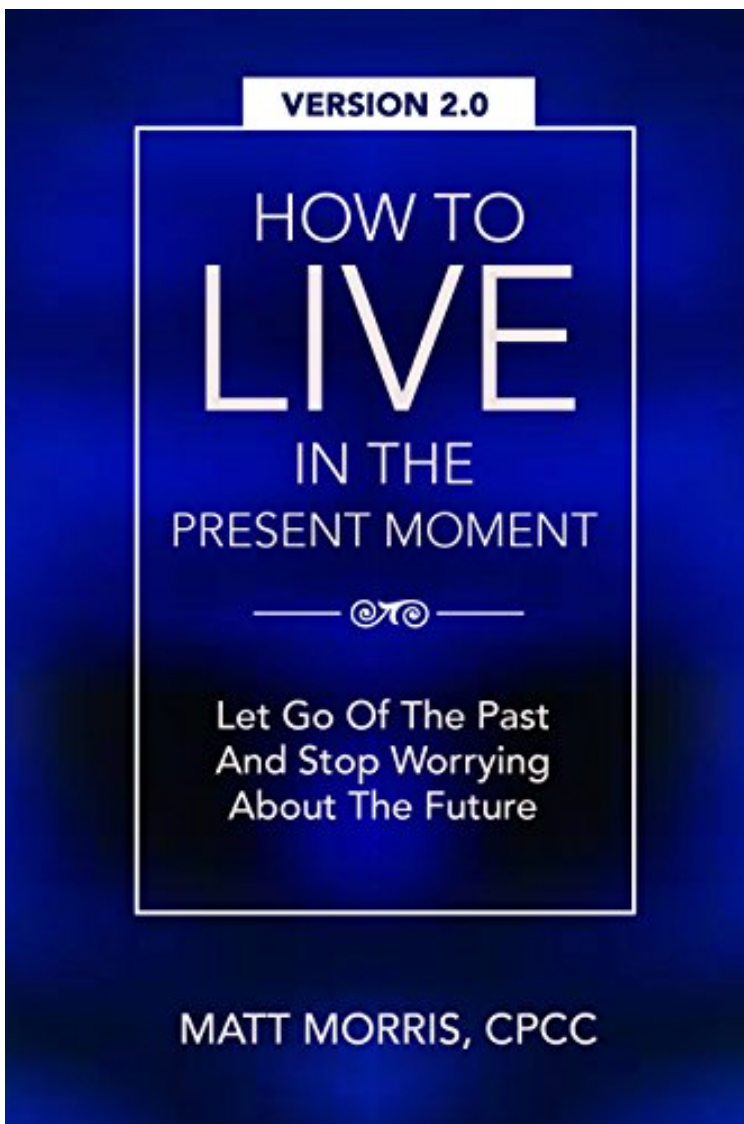


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# How To Live In The Present Moment, 2.0 - Let Go Of The Past Stop Worrying About The Future (Self Help, Mindfulness, Self Esteem Emotional Intelligence) (English Edition)



*Par Matt Morris*

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Past events haunt all of us and the future weighs heavy. Our what ifs, maybes, and not good enoughs 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 lets 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

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