



This Moment: How to Live Fully and Freely in the Present Moment (Paperback)

By Matt Valentine

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Step-by-Step Practice Guide for Living More Fully and Freely in the Present Moment with Mindfulness and Loving-Kindness: We all want the same thing. We all want to realize freedom, we all want to discover true peace and happiness by coming to a place where we can live fully and freely in this moment as it is. That s all any of us ever want out of our lives, no matter what our efforts look like on the outside. But most of us lack clarity, and this lack of clarity misguides us to pursuits such as the collection of wealth, fame, and power in an attempt to fill the void we feel in our hearts. But none of these things will ever fill us up, and until we realize this we ll never become truly fulfilled and at peace. In each moment, we have an appointment with the present moment. And when we miss that appointment, we miss our appointment with life. This, more than anything, is the reason for our pain, suffering, and discontent. But mindfulness by itself...



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