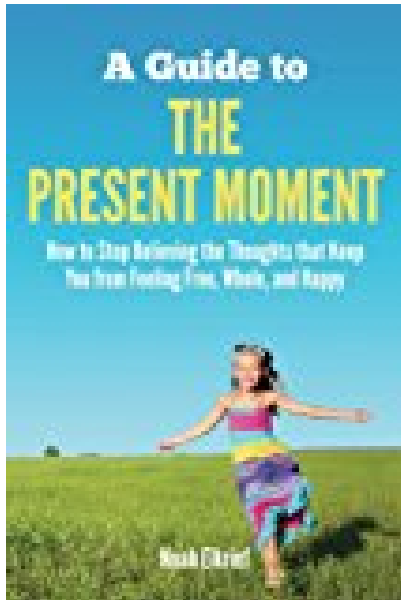


A Guide to The Present Moment



BOOK DETAILS

- Author : Noah Elkrief
- Pages : 306 Pages
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BOOK SYNOPSIS

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.

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