



**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)**

Matt Morris

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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 life...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 Stress
- How To Enjoy Each And Every Moment
- How To Increase Your Productivity With Mental Clarity
- Strategies To Let Go Of The Past
- How To Access And Remain In The Present Moment
- How To Meditate
- Inquiries At The End Of Each Chapter To Increase Your Awareness Of The Present Moment
- And 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...

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