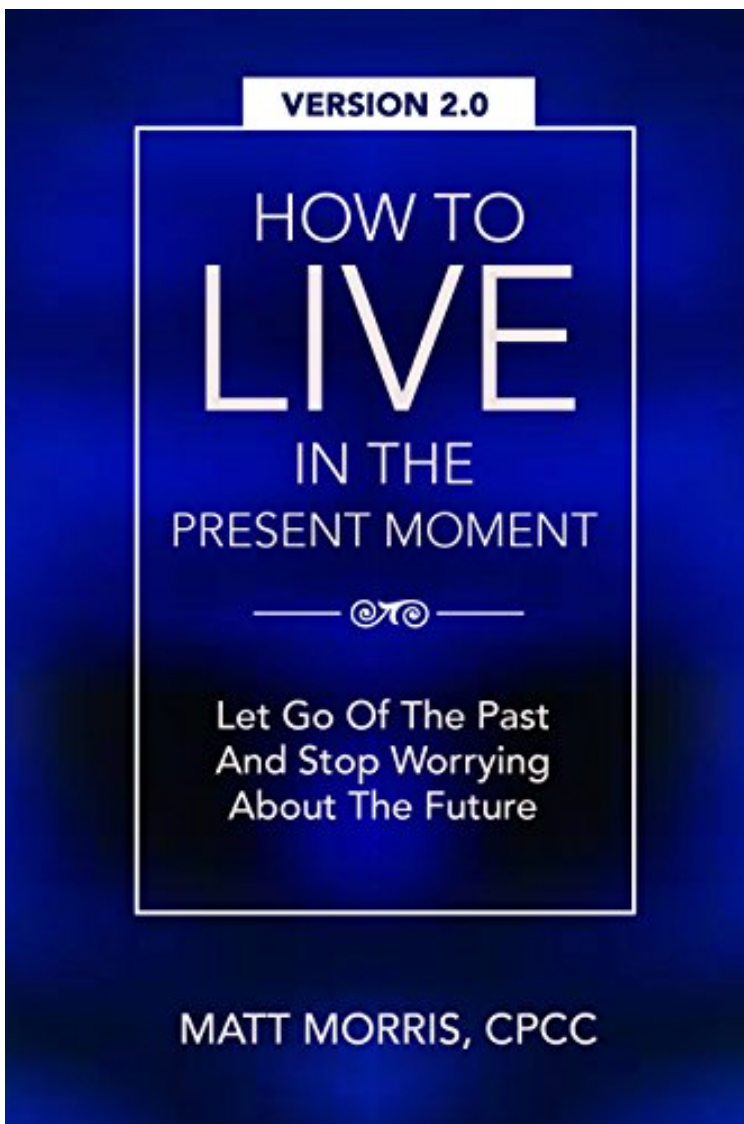


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# How To Live In The Present Moment, 2.0 - Let Go Of The Past Stop Worrying About The Future (Self Help, Mindfulness, Self Esteem Emotional Intelligence) (English Edition)



*Par Matt Morris*  
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Over a BreakupHow to Save a MarriageHow to Overcome the Death of a Loved OneHow to Stop Jealousy From Overpowering YouHow to Let Go of Past MistakesHow to Stop WORRYING About the FutureHow to Be Mindful of Your ActionsAnd Most Importantly HOW to Live in the Present Moment(On Back Cover)

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

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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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