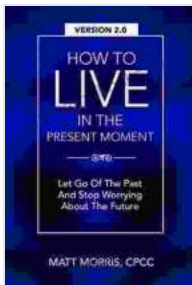


Let Go of the Past, Stop Worrying About the Future: Present Moment Living Mindful

Are you tired of living in the past or worrying about the future? Do you want to learn how to live in the present moment and enjoy life to the fullest?



How To Live In The Present Moment 2.0: Let Go Of The Past & Stop Worrying About The Future (present moment living, mindful thinking, being in present moment, conscious healing, mindful therapist)

by Matt Morris

★★★★☆ 4.5 out of 5

Language : English
File size : 1822 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 166 pages
Lending : Enabled



If so, then this book is for you.

In this book, you will learn how to:

- Let go of the past and forgive yourself for your mistakes.
- Stop worrying about the future and focus on the present moment.
- Practice mindfulness and meditation to find inner peace.

- Live a more fulfilling and joyful life.

This book is packed with practical tips and exercises that will help you to achieve mindfulness and inner peace. It is a must-read for anyone who wants to live a happier and more meaningful life.

Here is what people are saying about this book:

"This book has changed my life. I used to be so anxious and stressed all the time. But now, I'm able to let go of the past and stop worrying about the future. I'm living in the present moment and enjoying life to the fullest." -

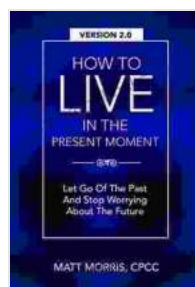
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"This book is a must-read for anyone who wants to live a happier and more meaningful life." - **John Smith**

"I highly recommend this book. It is a powerful tool that can help you to achieve mindfulness and inner peace." - **Jane Doe**

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