



**HOW TO LIVE IN THE PRESENT MOMENT  
(RELIGIOUS BOOKS): Let Go Of The Past &  
Stop Worrying About The Future (New Age)  
(Spiritual Books Book 1)**

*Matt Morris*

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# **HOW TO LIVE IN THE PRESENT MOMENT (RELIGIOUS BOOKS): Let Go Of The Past & Stop Worrying About The Future (New Age) (Spiritual Books Book 1)**

*Matt Morris*

## **HOW TO LIVE IN THE PRESENT MOMENT (RELIGIOUS BOOKS): Let Go Of The Past & Stop Worrying About The Future (New Age) (Spiritual Books Book 1) Matt Morris**

This #1 Best-Selling guide for letting go of the past, not worrying about the future, and stepping into the beautiful land of the PRESENT MOMENT will set your body and mind free. It will take you to a place where you'll find peace, joy, and perpetual happiness with it's step-by-step guide as life coach Matt Morris dives deep into his and his students' personal struggles, showing the reader how to overcome them with the Power of the Present Moment.

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 Present Moment, Version 2.0 will gently guide you through breaking the shackles of your debilitating thought patterns of the past and future and give you the tools to live in the Present Moment.

The methods I describe will lead you through the unknown jungle of self-doubt and I will show you how you can forgive yourself and those around you so that you can move on to become who you truly are NOW, not who you were yesterday. I discuss how you can meaningfully plan for your future without getting bogged down in trying to predict what might happen.

So take my hand and let's stroll down the path of self-discovery and 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 Moment!

For more information on Spiritual Healing, go to:

<http://www.rootscoaching.com>

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