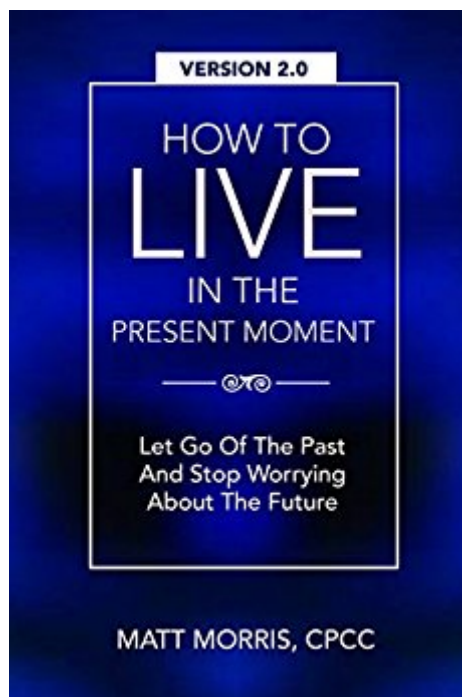


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# **SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence)**



## Synopsis

This #1 Bestseller will completely change your perspective on many things from relationships to diseases to how you see life. Inside You'll Learn: How to Fall Asleep in Seconds How to Get Over a Breakup How to Save a Marriage How to Overcome the Death of a Loved One How to Stop Jealousy From Overpowering You How to Let Go of Past Mistakes How to Stop WORRYING About the Future How to Be Mindful of Your Actions And 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 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!

## Book Information

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## Customer Reviews

What if I told you there was a way to free yourself from all stress, anxiety, emotional and physical pain, regrets and hopelessness? Well after reading this book, I can wholeheartedly say that I have the mindset to conquer these issues and lead a prosperous and self-fulfilling life. This book will teach you how staying focused on the present moment grants you the ability to be in control of your life, which ultimately dictates your mood and level of happiness."How to live in the Present Moment version 2.0" expands upon the 1st version by adding inspirational success stories from Morris' life and others who applied the principles of the first book. I personally have a difficult time staying focused with reading most self-help books. However, this book kept me engaged and enthused the entire read. Each chapter has an inquiry section, which offers the reader an interactive exercise to apply the principle from the corresponding chapter. This allows the reader to apply the concepts they've just learned and enjoy the powerful results they bring. Whether it's finding your soulmate, having a successful career, becoming more outgoing, making the time for leisure activities, fighting disease or chronic pain; this book has the answers for gaining the mindset necessary to manifest your dreams and enjoy the moments that each new day offers.

I have been following Matt for a while now and I had been really looking forward to this particular book and I can honestly say that I am BLOWN AWAY! This book was so relevant for me in my life right now and I really gained some great perspective and clarity on my life after reading it. I loved all the great examples and ideas that were delivered. Just about all the advice and guidance was practical for me. I am even considering adding meditation to my morning routine because of the ideas Matt gave to me from reading the book. For far too long I was afraid to let go of the past and after reading this I am committed to letting go and start living in the NOW. Matt has inspired me to appreciate the little things in my day to day life and stop worrying about things that you can't control. Very happy he decided to write this book as it taught me some great lessons. It was very

well written and I almost wanted more because I was really getting into it. Will look and wait for more content by this author as I can't recommend him enough!

Reading this book was one of the best things I have done for myself lately. I really resonated with the author in many ways (for example his journey from physical therapy to life coaching, as well as volunteering for a local community, my story is a bit similar) and I really admire his passion and honesty. Personally, I don't like books written by "perfect gurus", or over-certified experts who only throw some empty definitions and concepts. I prefer to receive valuable life lessons from people who admit they are fragile human beings looking for progress rather than faking perfection. Reading this book felt more like having an awesome and super energizing conversation with the author! I will read it again for sure. It felt really good and peaceful. This read has really inspired me to embrace mindfulness and I now feel more empowered on my journey to authenticity. Even though I am not new to mindfulness/meditation/healing and wellness, I got a lot from this book. I have been following Matt's recommendations for only a week now, and I can feel the change. I even feel like my muscles are more relaxed and I am more focused. This is why I want to carry on! To sum up-> thank you Matt for such a well written and informative book. Very enlightening and I believe it can change people's lives.

Wow! This book will really make you think and question everything about how you live. I found myself applying the principles that shone through the book about actively participating in each moment. Focusing on the people and relationships around you. Too many of us get distracted by everything around us (especially since the invention of smartphones). I was definitely the kind of person who would be always in a state of worry thinking about the future, what I have to complete and get done or how I messed up something last week or last month. Matt teaches through his book how to embrace the individual moments in your life. Don't spend more than 10% of your time thinking about the past or more than 10% thinking about the future. The rest of your time should be concentrated in the here and now. I loved the personal stories scattered throughout the book. It really helped envision how to apply the techniques. Great book that has already changed me!

In this inspirational and beautifully-written guide, author Matt Morris encourages us to engage with the present--in a relatable, moving way, Morris shows the importance of shrugging off the past and living for now. I found Morris's writing very honest and thorough, using his own life experiences and trauma to illustrate the value of living each present moment to the fullest and stop worrying

about what could be or what should have been. I loved Morrisâ€™ honesty in sharing his experience and the step-by-step outline he draws to transform the past into something that can be used to better understand and appreciate the present. This is an impressive and valuable book that empowers the soul and teaches gratitude for each day.

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