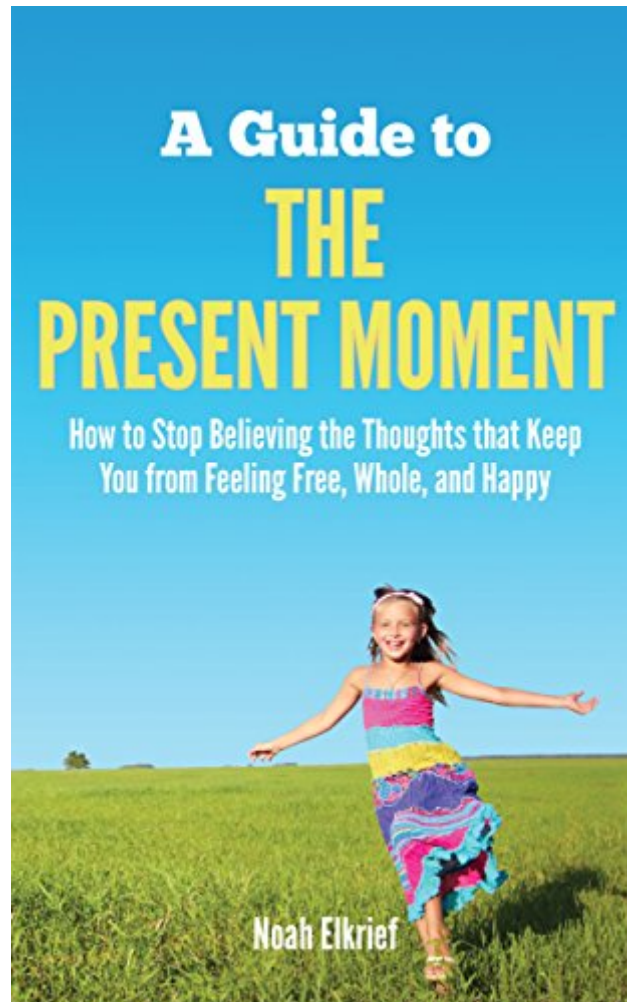


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# A Guide To The Present Moment



## Synopsis

The #1 Bestselling Counseling Book on KindleDownloaded by over 100,000 people...A Powerful 5-Step Process That Can Immediately Dissolve Your Negative EmotionsDo you want to stop living with stress, unworthiness, social anxiety, insecurity, anger, sadness, or a sense of lack? It certainly seems as though these emotions are inevitable, and directly created by our circumstances, our situations, and the people in our lives. However, it is possible to discover that all your unwanted emotions are actually created by the thoughts in your mind. More importantly, each of these emotions can vanish in an instant if you just stop believing the thoughts that create them.Discover That Your Negative Emotions Are Created By ThoughtsIf your romantic partner isn't cheating, but you think that they are, how do you feel? Hurt. If your romantic partner is cheating, but you think that they love you, how do you feel? Great. If your child isn't injured, but you think that they got hurt, how do you feel? Sad. If your child is injured, but you think that they are safe at a friend's house, how do you feel? Fine. If you aren't going to get fired next week, but you think that you'll be fired, how do you feel? Fearful. If you are going to get fired next week, but you think that your job is safe, how do you feel? Great.When the facts are "good", but you think they are "bad", you suffer. When the facts are "bad", but you think they are "good", you are happy. This demonstrates that the facts don't create your happiness or suffering. It is only your thoughts that create your emotions.Thoughts Only Create Emotions When You Believe ThemIf a random person tells you, "The world is going to end tomorrow", and you believe them, how would you feel? You would likely experience fear. But if you didn't believe them, then how would their comment make you feel? You almost certainly wouldn't be emotionally affected. This demonstrates that when you believe someone's words to be true, those words create emotions. But if you don't believe someone's words, those same words don't have the power to create emotions.The same is true of the words (thoughts) in your mind. If you believe a negative thought about yourself or your life, that thought will create an unwanted emotion. However, if you don't believe that thought, it quite simply won't create the unwanted emotion.Learn How To Lose Your Negative Emotions By Disbelieving Your ThoughtsAs soon as you disbelieve a thought that is creating one of your unwanted emotions, that emotion will instantly dissolve. As you disbelieve more and more of the thoughts that create your suffering, you will be happier in more and more situations, the more you will be living in the moment, and the more peace, freedom, love, laughter, wholeness, enthusiasm, and gratitude you will experience in your life.This Book Will Help You To:Experience peace in situations that used to be filled with anxiety and stressLose the sense of lack in your life, and live with a sense of a completenessPut an end to your feelings of unworthiness and insecurityEnjoy less arguments andÂ jealousyÂ in your relationships with

othersExperience the freedom to act how you feel without worrying about others' opinionsLive in the moment or live the power of nowExperience the fulfillment you have been searching forAfter you read the book, please let me know the impact that this 5-step process has had on your life.

## **Book Information**

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## **Customer Reviews**

As a Social Worker I'm often recommending books to clients. Clients enjoy reading during their journey in therapy as it helps clients feel more engaged in the therapeutic process and we tend to talk about the book in session. I always recommended one book to my clients, when they asked for a book that had changed my life about ten years ago. I only mention this book because until I read Noah's book I had never read another book that has ever come close to making me feel so empowered and filled me with such hope as Noah's book did.I read Noah's book three times. I did this because I was surprised by the reaction I had when I first read it that I needed to read it again. I had the exact same reaction as I did to the other book I mention above years back. This reaction consisted of feelings of extreme calmness, slow breathing, I was at peace, I felt empowered; positive. But why? How could a book do this? It's just words! What was happening? And then I realized.... Noah's book was literally making me aware of my breathing, of my actual circumstances,

of the actual moment and in that particular moment I was enjoying a nice, sunny Saturday at home with my amazing fiancé, with my dog, my life in order, things were great. I was happy. I could enjoy this because I was in the moment and I could see this! Why couldn't I see this always? I began to wonder why it felt short lived as if it was about to go away and I needed to take it all in. I thought about how I speak to clients every day about this exact concept and how I say to them they have to work on being in the moment and feeling the moment more but then I forget to do this myself? Yes, it turns out I did. I'm human it turns out. I have to retrain my brain to "check in" with the moment and myself.

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