

PRESENT MOMENT AWARENESS

A SIMPLE, STEP-BY-STEP
GUIDE TO LIVING IN THE NOW

"Buddha taught that one moment of total awareness is one moment of freedom and enlightenment. *Present Moment Awareness* clearly and succinctly provides us with authentic tools, exercises, reflections, and practices to access the awakened heart and mind inherent in us all."

— LAMA SURYA DAS, author of *Awakening the Buddha Within*

SHANNON DUNCAN

Present Moment Awareness A Simple Step By Step Guide To Living In The Now

Shannon Duncan



Present Moment Awareness A Simple Step By Step Guide To Living In The Now:

Present Moment Awareness Shannon Duncan, 2011-02-09 Filled with powerful but easily accessible concepts and exercises Present Moment Awareness shows readers how they can drop their emotional baggage calm their worries about the future and start enjoying the peace and joyfulness that can only be found in the Now Author Shannon Duncan reveals how opening to the present moment can allow us to discover the limiting perceptions emotional turmoil and habitual reactions that so often dictate our experience of life He shows how we can discover the true causes of our stress and discontent transform our emotions from rulers into advisers and start appreciating the gift of life right here and now

Present Moment Awareness Shannon Duncan, 2003-06-01 A Simple Step By Step Guide To Living In The Now As a striving entrepreneur Shannon Duncan had always thought that money and success would bring him happiness But when he retired a multimillionaire before the age of thirty and could buy almost any possession or experience he wanted he realized that the source of happiness was definitely elsewhere Through a series of realizations brought about by self exploration and study Duncan realized that what he was really searching for was to feel good about himself and thus feel safe and peaceful in the world Once he gained the opportunity to realize what wouldn't bring him peace he began to understand that peace was always within him underneath the turmoil if only he would surrender enough to see it Duncan's book Present Moment Awareness is garnering early praise for its practical down to earth advice for living in the present Filled with easy accessible anecdotes and exercises Present Moment Awareness shows readers how they can drop their emotional baggage calm their worries about the future and start enjoying the peace and happiness that can only be found in the present moment Through a series of simple but enlightening concepts Duncan shows how we can discover the true causes of our stress and discontent transform our emotions from rulers into advisors and start enjoying our lives right here and now *Conquering Ring Nerves* Diane Peters Mayer, 2008-05-05 Proven ways to overcome performance anxiety Whether you're new to dog sports or an experienced dog handler it's quite common to experience mild to severe performance anxiety during competition Now with *Conquering Ring Nerves* you can face and overcome your anxiety through an easy to follow successful program No matter what's going on inside or outside the ring Diane Peters Mayer shows you how to calm yourself stay focused boost your self esteem and give a blue ribbon performance She uses a multidimensional approach developed during her years as a psychotherapist and anxiety specialist complete with exercises and techniques adapted from such areas as sports psychology yoga and physical fitness You'll discover how to ground yourself and compete from your core and take advantage of quick stress busters and ways to loosen and energize your body Packed with proven tips to find success and have fun in the ring *Conquering Ring Nerves* is your one stop guide to overcoming competition jitters and becoming the handler of your dreams Reveals how to achieve peak performance under pressure in all dog sports from agility obedience and confirmation to Rally O freestyle and more Features illuminating real life ring nerves stories Explains how to stop being afraid set goals and reach

them Includes a Training Diary to keep yourself on track during training and competitions Offers further reading and resources lists to build upon what you ve learned

MINDFlow, the Path to Mindfulness-in-flow in Relationships, Work and Home Life Ron Cacioppe,2019-05-13 This innovative book combines two very special states of awareness mindfulness and flow into a new and unique state called mindflow The practice of mindflow leads to a stress free healthy fulfilling and effective life in today s complex and challenging environment It brings together current understanding and research of mindfulness and flow with ancient practices of meditation and mindfulness to describe the extra ordinary state of mindfulness in flow It is both a how to do and a how to be book It considers the states and practices of mindfulness meditation and flow and a process that leads to the experience of mindfulness in flow where a person completely engages in an activity yet is mindful and aware of the surrounding environment Mindflow leads to positive outcomes in daily life relationships work and for the world Over 50 practical techniques and applications are described here so the reader can experience mindflow in every part of life

Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent Jamieson Haverkamp,2008-05-09 Mom Minus Dad is the only resource guide available with more than 500 resources for adults who lose a parent and need to assist a newly widowed parent The book provides readers with practical advice on ten major parent loss topics along with more than 500 valuable and time saving resources including Web sites companies government resources U S laws books and nonprofit organizations to assist the approximately twelve million sons and daughters who lose a parent every year Each section provides online and book resources and simple practical solutions to common problems from finding affordable counseling to building new budgets for the widowed parent to managing changing family dynamics Each chapter reveals ideas relevant insights from the author s personal experience questions to consider and additional resources to find specific assistance The author of Mom Minus Dad gleaned intimate knowledge of balancing her own life with a newly widowed parent Ms Haverkamp assisted her fifty six year old widowed mother in Virginia while still running her real estate business in California after the early unpredicted loss of her father to cancer In her groundbreaking book Haverkamp shares how she and her sister both in their early thirties found success and managed struggles during their journey after their father s death This is a reference guide griever s will refer to during the year after loss and years beyond

Talk To The Mirror Florine Mark,2008-10 One of the most successful women in America Florine Mark built a weight loss empire spanning fourteen states and parts of Canada and Mexico CEO and Chairman of the Board of The WW Group Inc Florine was the owner of the largest number of Weight Watchers R franchises in the world In Talk to the Mirror she tells you how she turned a lackluster life into the one she once only dreamed of And even better she wants to teach you how to do it giving you the tools to realize that the most important asset you have is YOU Florine was a painfully self conscious girl Being fifty pounds overweight and poor she looked in the mirror and hated what she saw It wasn t until after a failed marriage years of struggling self esteem issues and a bout with diets pills that almost killed her that she turned

her life around and is one of the most admired businesswoman and motivational speakers in America Talk to The Mirror is the place to feel safe as you challenge yourself with Florine s self quizzes exercises and inspirational stories that will help you to discover how to improve your self image so you can achieve your goals socially professionally and romantically **How To Live In The Here And Now** Paul Jones,2011-03-16 Paul Jones rescues enlightenment from the specialists the superstitious and the pious and makes it available to everyone and anyone through a simple step by step process **The Complete Guide to Tips & Gratuities** Sharon L. Fullen,2005 There are millions of workers in the USA that rely on tips for most of their income and there are well over two million businesses where the employers rely on tipped employees According to recent statistics from the U S Department of Labor food and beverage service related workers held 6 5 million jobs The U S Department of Labor estimates in a recent study that tips and gratuities may account for well over 5 billion per year being left on plates and tip trays financed on credit cards and handed directly into happy open palms But let s face facts Relying on customers tips for your income is tough The average customer just doesn t realize how difficult and hard the average waiter waitress hair dresser concierge cab driver ma tre d or bartender works for their money Dealing with and satisfying the general public is one of the most demanding jobs around Many if not most tipped employees have a tough time making ends meet And then there are the complicated IRS tax laws regarding tipping and gratuities that most employees and few employers know how to handle correctly For the first time this new book deals with all aspects of tips and gratuities For the employee or self employed learn how to earn more tips and how to properly account for and pay taxes on them For the employer how to manage and properly account for the taxes on tipped employees for the bookkeeper and accountant get the latest on tax and withholding laws Apart from all great and practical advice in the book it has to be remembered that tips have to be earned thus there are literally hundreds of little tricks hints and suggestions to help tipped employees well make more tips Atlantic Publishing is a small independent publishing company based in Ocala Florida Founded over twenty years ago in the company president s garage Atlantic Publishing has grown to become a renowned resource for non fiction books Today over 450 titles are in print covering subjects such as small business healthy living management finance careers and real estate Atlantic Publishing prides itself on producing award winning high quality manuals that give readers up to date pertinent information real world examples and case studies with expert advice Every book has resources contact information and web sites of the products or companies discussed This Atlantic Publishing eBook was professionally written edited fact checked proofed and designed The print version of this book is 144 pages and you receive exactly the same content Over the years our books have won dozens of book awards for content cover design and interior design including the prestigious Benjamin Franklin award for excellence in publishing We are proud of the high quality of our books and hope you will enjoy this eBook version **Practical Meditation** Giovanni Dienstmann,2018-08-07 Learn on the go meditation techniques to improve your concentration and memory and enhance your self esteem using this unique visual guide Follow the clear step

by step instructions anytime anywhere at home on the beach or on a business trip Practice meditations sitting on a simple upright chair there s no need to fold yourself into uncomfortable positions Explore a variety of meditation techniques from mindfulness meditation to tai chi to find the practices that suit you Use the short mini meditations to fit meditation into a busy lifestyle or to sample a variety of different styles Find out the benefits of meditation on your mind and brain examining how it works and the scientific evidence behind its effects Whether you are new to meditation or looking to expand your existing knowledge this practical guide on how to meditate provides everything you need to start or continue your meditative journey Reviews Giovanni explores the many different ways to meditate and also how to apply the benefits of meditation in all areas of our lives I was blown away by how good Practical Meditation really is A phenomenal book from a deep teacher Rick Hanson Phd and bestselling author of Buddha s Brain

Birthing Ourselves Into Being Baraka Bethany Elihu, 2010-03-09

With her groundbreaking debut book Birthing Ourselves into Being A Year Long Women s Empowerment Program author Baraka Bethany Elihu transcends the restrictions of intellectually based therapy by offering an experiential curriculum of personal healing centered not only in doing but in being Many women are naturally heading towards this gentler organic approach in personal therapeutic work Women are ready to be simply witnessed in their own mastery We do not need to be managed facilitated taught or guided explains Baraka The experts live within us Birthing Ourselves into Being is fully situated in the metaphor of childbirth The book consists of twelve chapters that explore the symbolic rhythms of the childbearing year including pre conception and postpartum Offering clear innovative and effective steps this creative arts based curriculum provides readers tools to emerge with an entirely new life and stories of adventure and love to inspire the journeys of other women We can surrender to our process and trust that a greater peace in the world will emerge naturally from the very belly of our personal quiet revolutions Baraka writes The space we hold for ourselves and for one another becomes the standard by which the planet responds It is time And we are ready

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Present Moment Awareness A Simple Step By Step Guide To Living In The Now** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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