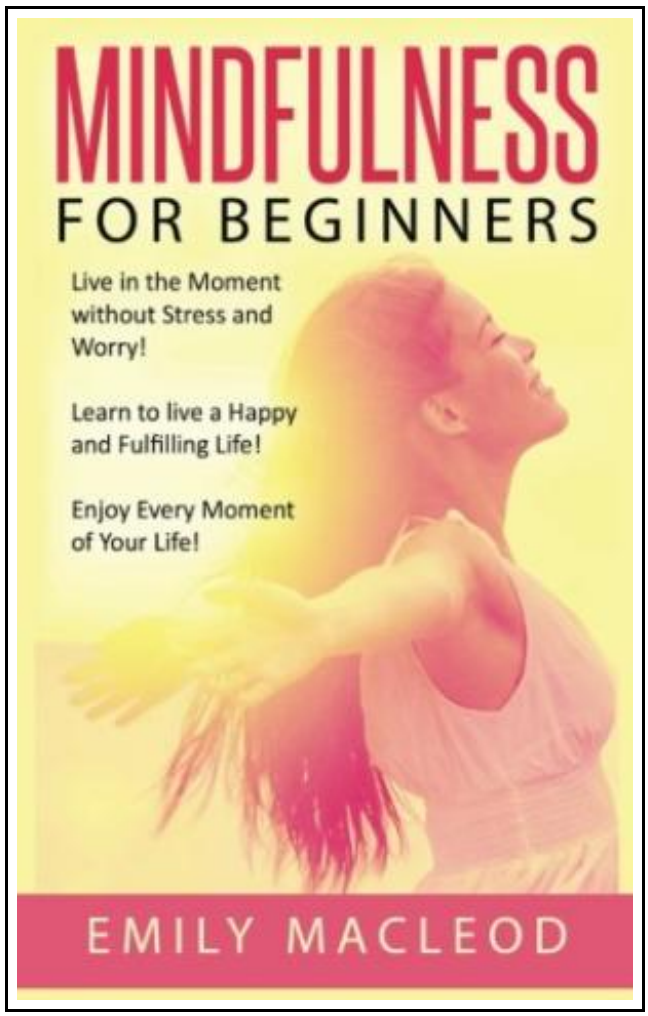
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Enjoy your life! Live in the moment without stress and worry A great guide for anyone who wants to learn how to achieve a stress-free and worry-free life!Do you think about the future often or do you have a tendency to dwell on the past? Do you often zone out or daydream? Do you often worry about things that dont even matter? Do you routinely relive an embarrassing memory? Its a common knowledge that worrying is a symptom of an anxiety disorder. But, surprisingly, daydreaming is also a symptom of anxiety and depression. Thinking about the past or the future turns off some parts of your brain. This is the reason why you tend to forget things when youre worrying or day dreaming. Thinking about the future or the past too much can wreak havoc in your life. It can keep you from enjoying the little things and joys in life. It can keep you from noticing awesome everyday things. Worrying or daydreaming too often can make you feel like you are sleepwalking through life. Five to ten years from now, you wouldnt have any idea where your years went. Not living in the present moment can drain your energy. It also keeps you from catching key information. It reduces your productivity, compassion, and gratitude. It also stops you from living fully. So, if you want to live a fulfilling and happy life, you have to enjoy every moment of it. Living in the moment can improve your life in many ways. It can:Take the edge off and reduce physical painIt allows you to control your cravings and enjoy your foodIt gets things done so...

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