



Present Moment Awareness: A Simple, Step-By-Step Guide to Living in the Now

By Shannon Duncan

Yogi Impressions Books Pvt. Ltd., Mumbai, India, 2015. Softcover. Book Condition: New. First Edition. 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...



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