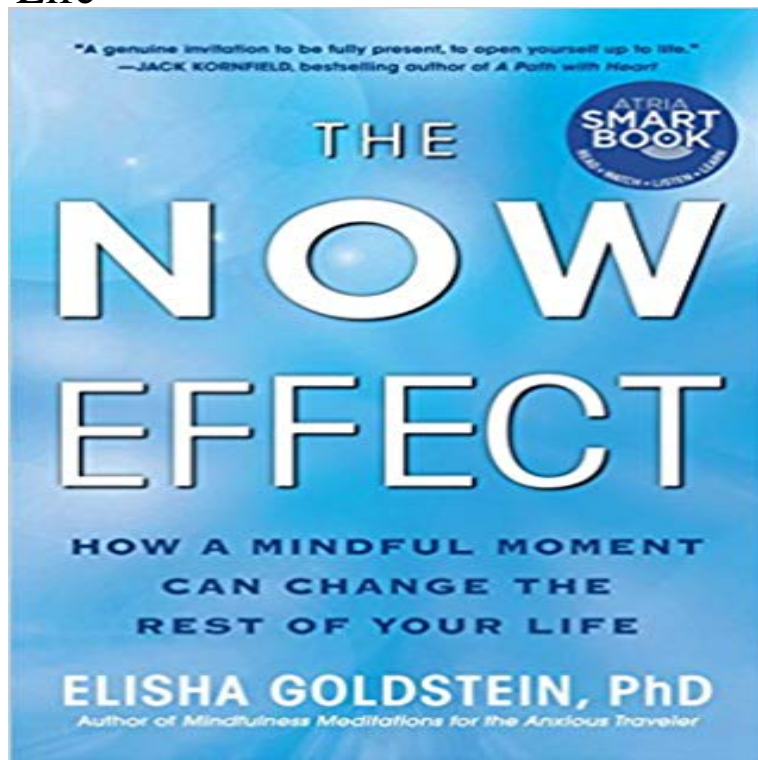


The Now Effect: How a Mindful Moment Can Change the Rest of Your Life



Alleviate stress, ease pain, cultivate emotional freedom, create a healthier brain, and find enlightenment with cutting-edge mindfulness techniques from The Now Effect. You can calm your anxious mind, have greater focus at work and home, feel more empathy toward yourself and others, approach difficulties with more grace and less stress, and be aware of what is most important to you. The secret is in the spaces. A leader in mindfulness psychology, Dr. Elisha Goldstein demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don't serve you. Offering practical techniques to make deep, permanent life changes, Dr. Goldstein's techniques will allow you to connect to the present moment to make deep, permanent life changes and to connect with the good in life and with what really matters. In essence, this book teaches the foundation for how the now this very moment can change the rest of your life. To enhance and ease the reader experience, the text contains Microsoft tags of Dr. Goldstein demonstrating his exercises, and the ebook includes embedded videos.

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