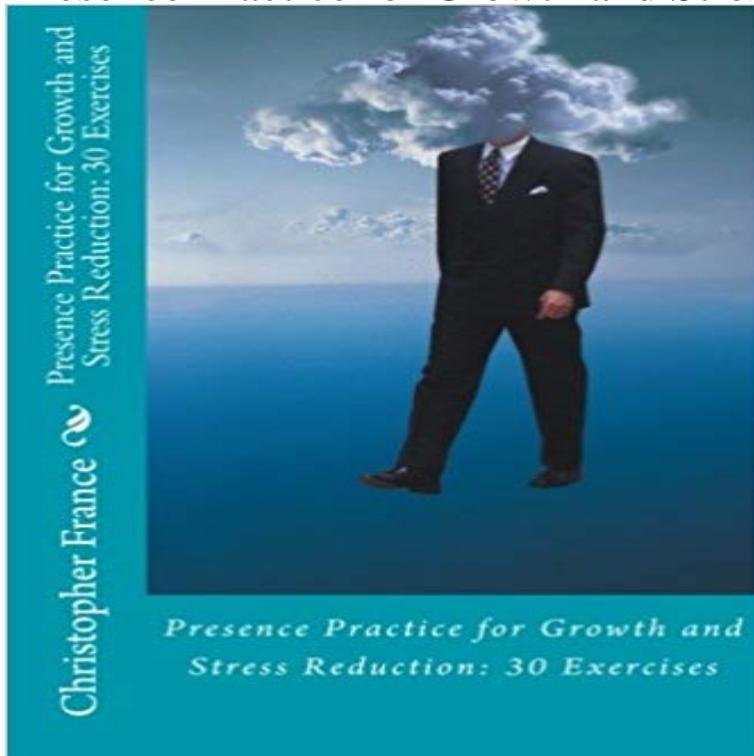


Presence Practice for Growth and Stress Reduction: 30 Exercises



Presence plays a role in everything we do. From the golfer making an important putt to a student taking an exam to a young vacationer relaxing on the beach, presence plays a role. Wait, what? Lying on the beach? Yes. It is just as important to be present when you are relaxing as it is when you are studying. Have you ever gotten a massage and spent the entire time thinking about how much to tip? Or have you sat down to a nice meal only to find your head racing with the stresses of the day? Why are these activities, which should be relaxing, a struggle? What keeps us from enjoying the moment? This book is designed to help you cultivate your presence through a series of exercises that build off of each other. Each exercise has a practical application that will help you in your daily life. While the book does delve into the more meditative aspects of building presence, it also gives you tools to deal with stressful in the moment situations. Come join us for a healthier, happier you.

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