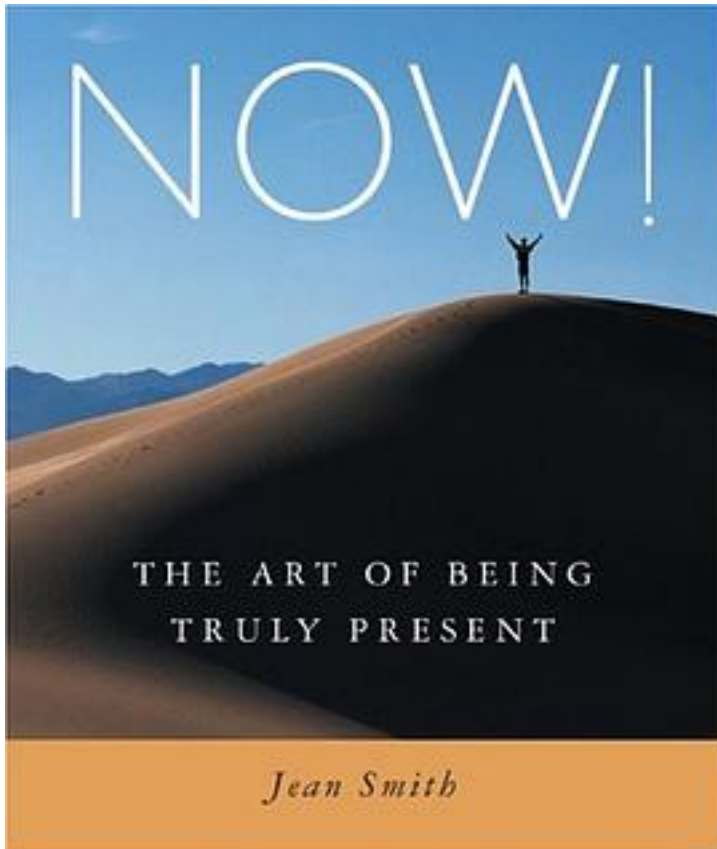


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NOW! The Art of Being Truly Present is a collection of 85 original reflections on everyday experience, each paired with "mindful reminders" or meditative invocations, on the subjects that we all deal with on a daily basis and throughout our lives: Work, Aging, Gossip, Sex, and Friendship — just to name a few. This gift-sized book illustrates how spiritual transformation begins when we embrace the present moment and focus

on the blessings we have in our daily lives rather than on what we have lost or perhaps never had. People seeking solace in reflection, prayer, and meditation will find this book an inviting and convenient source of inspiration that they will want to keep close at hand. NOW! is an ideal companion to turn to when settling down to sleep at the end of a busy day, or when centering oneself to begin each new one.

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