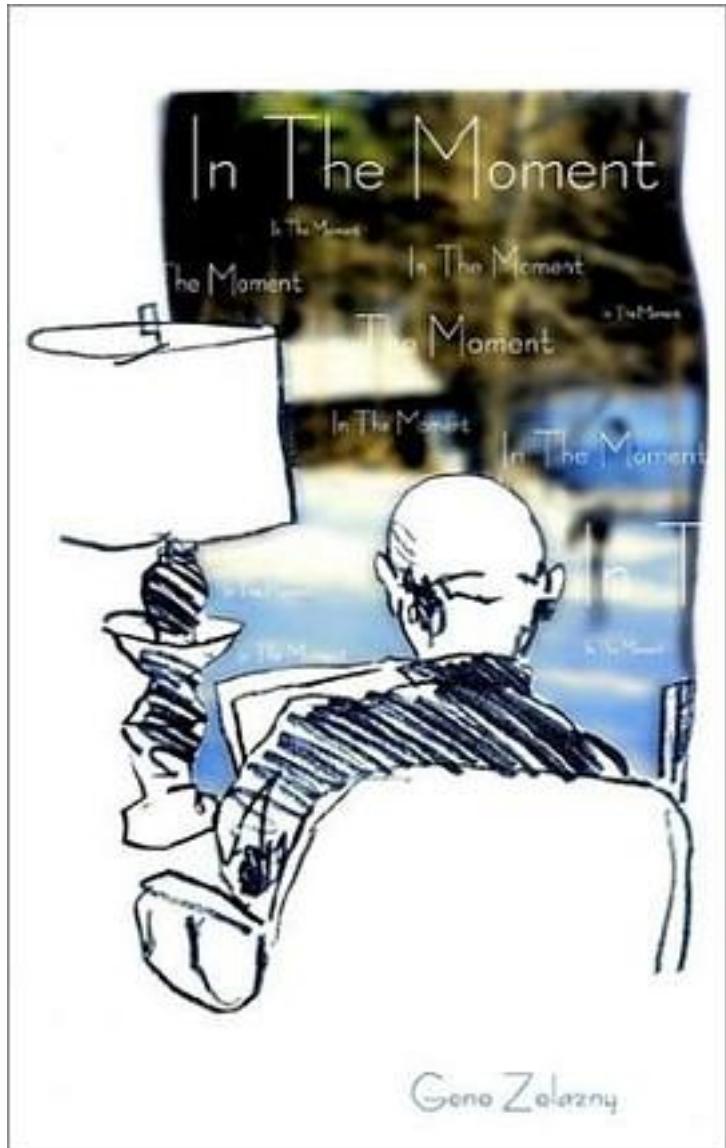


In the Moment



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Celebration has the power to carry us through the joys and adversities of life, and to connect us to our spiritual center. Drawing upon his own experiences and training, psychoanalyst Harvey Rich describes the celebratory process that unfolds when we recognize a moment as special and open ourselves to the fullest sensory experience of it. Rich shows us how we can capture the moments of our lives and bring our own histories and aspirations to bear up those moments -- a celebration that is the antidote to the blur of our often high-tech, fast-paced lives.

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