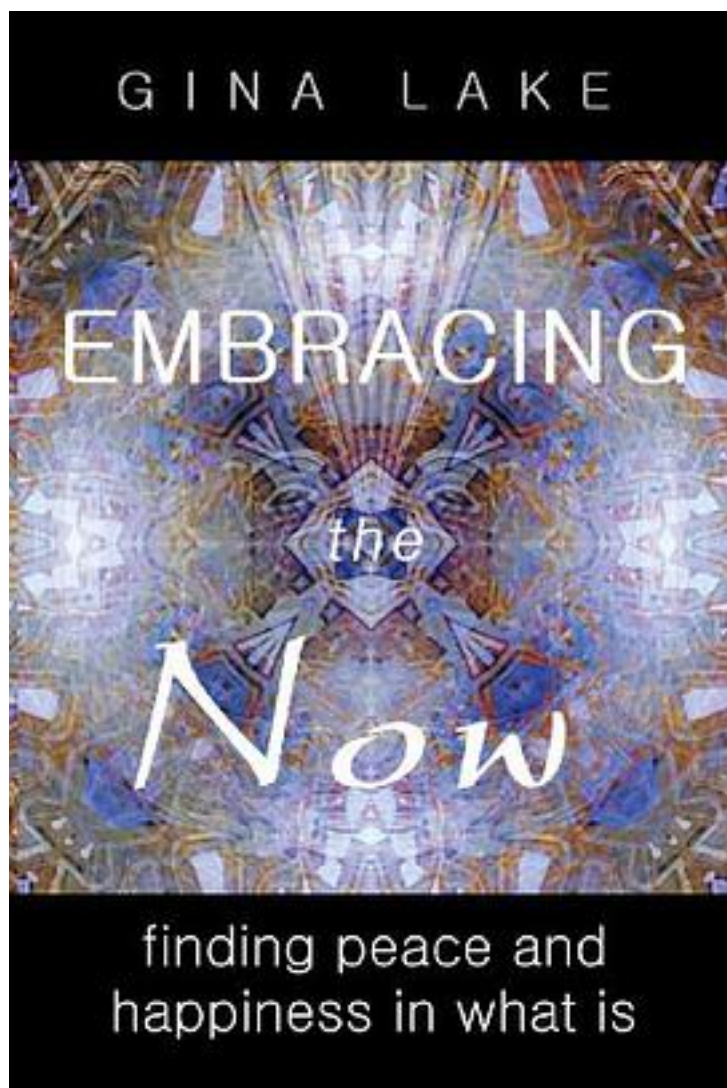


Embracing The Now



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The Now-this moment-is the true source of happiness and peace and the key to living a fulfilled and meaningful life. Embracing the Now by Gina Lake is a collection of short essays about the Now that can serve as daily reminders of the deepest truths. Full of clear insight and wisdom, Embracing the Now explains how the mind keeps us from being in the Now, how to move into the Now and stay there, and what living from the Now is like. It also explains how to overcome stumbling blocks to being in the Now, such as fears, doubts, judgments, misunderstandings, distrust of life, desires, and other conditioned ideas that are behind human suffering.

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