



Present Moment Awareness

Shannon Duncan

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Filled with powerful but easily accessible concepts and exercises, Present Moment Awareness shows readers how they can drop their emotional baggage, calm their worries about the future, and start enjoying the peace and joyfulness that can only be found in the Now. Author Shannon Duncan reveals how opening to the present moment can allow us to discover the limiting perceptions, emotional turmoil, and habitual reactions that so often dictate our experience of life. He shows how we can discover the true causes of our stress and discontent, transform our emotions from rulers into advisers, and start appreciating the gift of life, right here and now.

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