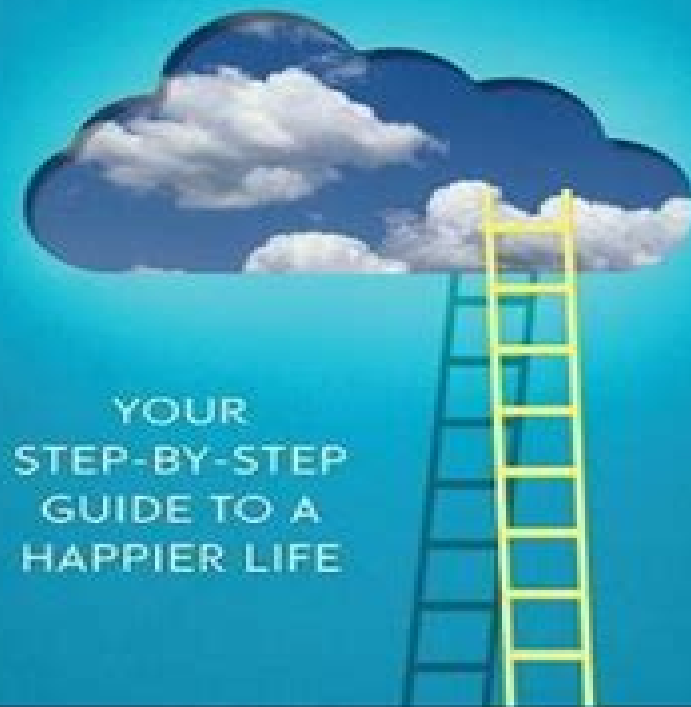


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appointment with life This more than anything is the reason for our pain suffering and discontent But mindfulness by itself isn't enough There is so much that can get in the way of our practice so many challenges that we're faced with and other important qualities that need to be cultivated You need a complete plan if you wish to live more fully and freely in the present moment And that's why I wrote *This Moment This Moment is for Beginners* just starting with the practice of mindfulness meditation and whom who don't know exactly where to start Those who have practiced for some time but are experiencing challenges in their life and practice Anyone who has found pain and suffering through personal especially intimate relationships be it through separation or the loss of a loved one and wants to heal those wounds As well as for those simply desiring to live a happier and more peaceful life and who want a more thorough step by step guide for bringing that to life in an effective way that doesn't ignore the fact of life's many challenges *This Moment* doesn't feed you a bunch of fluff and feel good words it's a practical and insightful guide to navigating the challenges of daily life more skillfully and coming out the other end happier and more at peace Life is multifaceted and you can't ever hope to be happy and at peace if you ignore your challenges and difficulties It's in facing those very challenges that we discover peace and happiness *This Moment* takes you through a step by step practice for designing an environment and life more conducive to peace happiness and self love plus it helps you work through many of the major challenges that keep us from living in peace and realizing true freedom Let *This Moment* be your guide and a loving companion to a life lived more fully and freely in this moment by learning to touch the peace of the present moment with all of your being

The alchemy of happiness, tr. from the Turk. [abridgement] by H.A. Homes Abû Ḥâmid Muḥammad b. Muḥammad Ghazzâlî, 1873 *Aids to meditation* Richard Henry Cresswell, 1874

The words of the Son of God, arranged for daily meditation by E. Plumptre Eleanor Plumptre, 1877 **The Four Foundations of Mindfulness** Silānanda (Sayadaw U), 1990 A clear explanation of the Buddha's fundamental teaching on meditation helpful to meditators from all traditions

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