



## A Guide to the Present Moment

---

By Noah Elkrief

Noah Elkrief, United States, 2012. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Former #1 Best Seller In Amazon s Counseling, Zen, Stress Management Categories Downloaded by over 90,000 people. Your Unwanted Emotions Are Created By Thoughts, Not By Facts If your romantic partner ISN T cheating, but you think that they are, how do you feel? Hurt. If your romantic partner IS cheating, but you think that they love you, how do you feel? Great. If your child ISN T injured, but you think that they got hurt, how do you feel? Sad. If your child IS injured, but you don t know about it, how do you feel? Fine. If you AREN T going to get fired next week, but you think that you ll be fired, how do you feel? Fearful. If you ARE going to get fired next week, but you think that your job is safe, how do you feel? Great. When the facts are good, but you think they are bad, you suffer. When the facts are bad, but you think they are good, you are happy. This demonstrates that the facts don t...

DOWNLOAD



READ ONLINE  
[ 2.06 MB ]

### Reviews

*Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.*

*-- Mustafa McGlynn*

*Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.*

*-- Beryl Labadie I*