

## **BOOKS ON BEING PRESENT**



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### **What's Important Now book on being present Present**

What's Important Now is an all-time classic book on being present by leadership coach, author and speaker John Kuypers This book, What s Important Now , will help you shed your past so you can live in the present as it has for thousands of other passionate readers.

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### **How to Practice the Art of Being Present Mindful**

Another main benefit of the art of being present is that it reminds me that mindfulness is both a practice and a simple way of being. Being mindful isn t simply the outcome of doing a regular more formal practice, a prize, so to speak, that we get for being dutiful.

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Review

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