


[DOWNLOAD](#)


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...



READ ONLINE

[9.29 MB]

Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**