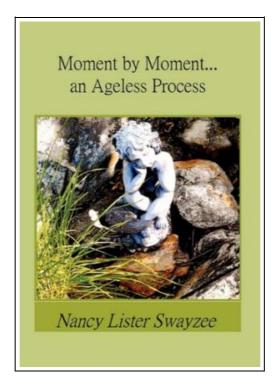
## Moment by Moment.an Ageless Process



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Xlibris Corporation. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 8.9in. x 0.5in. t begins and ends our life, the process of change. We are in a continuous state of change from the moment the egg is fertilized in the womb. Yet how we change determines the quality of our lives. We even change when we are unconscious, yet conscious changing determines the quality of our lives even more. The process of change is inevitable and is at the core of aging, and paying attention to how we do it can create a sense of agelessness and significantly alter the cellular aging process. How often have you looked in the mirror and thought, If I could just slow down the clock. Guess what You can! How often have you said, I wouldn't be so stressed if I had more time. . . there just isnt enough time. Guess what Theres a way to have it! Moment by Moment. . . An Ageless Process offers some ideas on how to re-connect with life; changing the quality of our everyday living to conscious, and with that, changing the perception and experience of our lives. Together we will explore the subject of core consciousness and how unconscious living causes us to lose our life as we are in the very process of living it. . . how this impacts us physically and mentally, and how these responses affect our aging. We all share in this human journey, the highs and lows. . . the light and the dark . Paying attention to our behavior and choices can actually slow down the aging process. Im hoping that through the story of my path of seeking to understand myself. . . to notice what Im doing and what Im feeling, you will gain an...

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