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The Moment

Nowak Achim, Hoque Faisal

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“Living in the moment” is the ultimate cliché. We toss this phrase about as if we knew what it meant, talk about being more mindful, and get excited about restablishing our innocence.

A moment is an elusive event. It stands out from the events that precede it and those that follow. It tends to happen quickly. And it often evaporates in the blink of an eye.

The proposition of The Moment is simple: What if we could experience each moment more deeply as it unfolds, make it last longer, make it more memorable? We would have a more momentous life—a more richly lived, fully experienced life.

While it may seem daunting to live fully in the moment in our fast-paced, distracted world, The Moment is a disarmingly practical, no-nonsense guide that introduces Four Keys that can instantly elevate your experience of any moment:

Wake up your senses to create a more sumptuous experience of the world.
Crave meaning to discover a deeper appreciation for moments as they unfold.
Wave-ride energy to create the thrill of momentum in your life.
Make time stand still and be rewarded with the gift of the flow experience.

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