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Max Mckeown

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Do you ever feel stressed? Of course you do. One way we cope is to lower expectations, but we miss what may make us stronger. This book offers valuable insights into an alternative.
You can choose to nurture a Nowist mindset and by seeking joy in the flow of life, you will discover your natural power to take action and keep moving forward. We live in the present but carry the anxieties of the past and concerns of the future with us at all times. Yet, you can only directly think, do, or change anything at the point of now. Realising this, you can learn to transform your life with every moment. *#NOW* helps you to embrace the fullness of everyday life.
It encourages you to move beyond surviving, or coping, to joyfully and effortlessly live in harmony with the demands of your work–life balance. Instead of passively hiding or becoming overwhelmed, you can actively leap into the best that life has to offer.
Discover the power of your #NOW that enables you to take action, make decisions fast and effectively, and enjoy the moment while creating a successful and happy future.

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