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How Now: 100 Ways to Celebrate the Present Moment

Raphael Cushnir, Pornchai Mittongtare

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How Now: 100 Ways to Celebrate the Present Moment Raphael Cushnir, Pornchai Mittongtare
From the Buddha to Ram Dass, sages have extolled the benefits of living in the "now." But what exactly does that mean and, more importantly, how's it done? In *How Now*, Raphael Cushnir demystifies the concept of living in the present moment and offers 100 easy, specific practices designed to bring awareness to our thoughts and actions. Readers participate in inspiring, life-affirming activities, ranging from redefining friendships to forging forgiveness, or even revisiting such simple childhood pleasures as blowing bubbles. Evocative color photography lends further inspiration as Cushnir, a popular contributor to *O, The Oprah Magazine*, offers practical and appealing encouragment for creating a more joyful here and now.

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