

The now effect : how this moment can change the rest of your life

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20461321&lokasi=lokal>

Abstrak

ABSTRAK

Alleviate stress, ease pain, cultivate emotional freedom, create a healthier brain, and find enlightenment with cutting-edge techniques from The Now Effect. A leader in mindfulness psychology, Dr. Elisha Goldstein takes the mindfulness approach of helping people to connect to the present moment one step further by offering practical techniques to make deep, permanent life changes. He demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don't serve you. These techniques allow you to connect with the good in life, approach difficulties with more grace, and get connected with what really matters. In essence, Dr. Goldstein teaches the foundation for how "this very moment can change the rest of your life--Now." To enhance and ease the reader experience, the text contains Microsoft tags of Dr. Goldstein demonstrating his exercises and the eBook includes embedded videos