



Simple Pleasures: Tune Into Now! (Paperback)

By John Lubbock

Ronin Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. The Simple Pleasures of Life: How to Tune Into the Moment to Enjoy NOW was derived from Sir John Lubbock's endearing classic, *The Pleasures of Life* completely rewritten and abridged by Beverly Potter, PhD. Principles of living in the moment are woven into Lubbock's appealing descriptions of simple pleasures and around us--if only we looked when we, too often, overlook. Lubbock's robust but sensitive descriptions of nature, money, friends, home help readers get out of their minds to experience moments of NOW and living more fully in the present--the secret of a happy life. *The Simple Pleasures of Life: How to Tune Into the Moment to Enjoy NOW* guides readers to be more conscious of how their thoughts and emotions get in the way of living in genuine peace and happiness. Have more joy right now--just stop and smell the flowers, a simple pleasure. Frantic enlightenment seekers with lives packed schedules and busyness with especially love this friendly, loving little book.



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