



# Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart

*Guy Finley*

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## **Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart** Guy Finley

That chronic, nagging sense of discontent, that sneaky feeling that something is missing from life, that secret yearning for "something more" can all be healed. In *Let Go and Live in the Now*, best-selling author Guy Finley brings the great Wisdom Teachings of centuries past into our lives in an intimate, accessible way. Each chapter of *Let Go and Live in the Now* tackles a hurt that keeps us from experiencing inner peace and happiness. Every chapter includes a brief essay and a contemporary teaching story followed by exercises to help readers incorporate the teaching into everyday life. Each chapter ends with "Ask the Masters," a question-and-answer format with such historical and modern-day spiritual masters as Buddha, St. Augustine, G.I. Gurdjieff, Henry David Thoreau, Peter Matthiessen, and Jeanne Guyon. "It only seems as though there's something more important for you to do than just quietly be yourself," writes Guy Finley. Imagined heavens never last, but eternal principles empower readers to live in "the now." From the first story of Katie, her broken heart, and the doctor who shows her how to heal it to the very last lesson of Paul who relocates himself from the city to the country and still can't see "the forest for the trees," readers see themselves in these eloquent retellings of ancient spiritual principles.

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Have you spare time for a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a stroll, shopping, or went to often the Mall. How about open or even read a book entitled Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart? Maybe it is being best activity for you. You understand beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with the opinion or you have different opinion?

#### **Marcella Aragon:**

Nowadays reading books become more than want or need but also get a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The info you get based on what kind of publication you read, if you want attract knowledge just go with knowledge books but if you want experience happy read one using theme for entertaining like comic or novel. The Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart is kind of reserve which is giving the reader unpredictable experience.

#### **Mary May:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart can be excellent book to read. May be it can be best activity to you.

#### **William Hayes:**

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