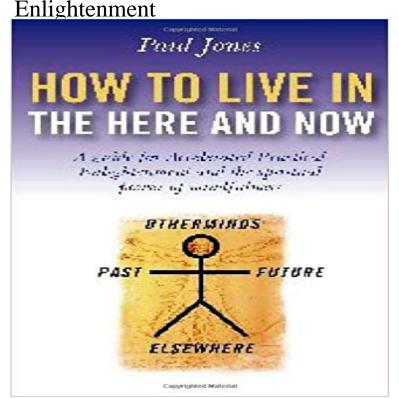
How to Live in the Here and Now: A Guide for Accelerated Practical



A wonderfully clear analysis of the factors that stop us living in the now, full of extremely practical and effective techniques of bringing us back to the present. Steve Taylor, author of The Fall and Making Time

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