



A Guide to The Present Moment

By Noah Elkrief

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A Guide to The Present Moment By Noah Elkrief

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Your Unwanted Emotions Are Created By Thoughts, Not By Facts

If your romantic partner *isn't* cheating, but you think that they are, how do you feel? Hurt. If your romantic partner *is* cheating, but you think that they love you, how do you feel? Great. If your child *isn't* injured, but you think that they got hurt, how do you feel? Sad. If your child *is* injured, but you think they are safe at a friend's house, how do you feel? Fine. If you *aren't* going to get fired next week, but you think that you'll be fired, how do you feel? Fearful. If you *are* going to get fired next week, but you think that your job is safe, how do you feel? Great.

When the facts are "good", but you think they are "bad", you suffer. When the facts are "bad", but you think they are "good", you are happy. This demonstrates that the facts don't create your happiness or suffering. It is only your thoughts that create your emotions.

A Powerful 5-Step Process That Can Immediately Bring You More Peace

Do you want to stop living with stress, unworthiness, social anxiety, insecurity, anger, or sadness? It certainly seems as though these emotions are inevitable, and directly created by our circumstances, our situations, and the people in our lives. However, it is possible to discover that all your unwanted emotions are actually created by the thoughts in your mind. More importantly, each of these emotions can vanish in an instant if you just stop believing the thoughts that create them.

When You Don't Believe Words, Those Words Don't Create Emotions

If a random person tells you, "The world is going to end tomorrow", and you believe them, how would you feel? You would likely experience fear. But if you didn't believe them at all, then how would their comment make you feel? You almost certainly wouldn't be emotionally affected. This demonstrates that when you believe someone's words to be true, those words create emotions. But if you

don't believe someone's words, those same words don't have the power to create emotions.

The same is true of the words (thoughts) in your mind. If you believe a negative thought about yourself or your life, that thought will create an unwanted emotion. However, if you don't believe that thought, it quite simply won't create the unwanted emotion.

This Book Will Show You How To Disbelieve The Thoughts That Create Your Unwanted Emotions

As soon as you stop believing a thought that is creating one of your unwanted emotions, that emotion will instantly dissolve. As you disbelieve more and more of the thoughts that create your suffering, you will be happier in more and more situations, the more you will be living in the moment, and the more peace, freedom, love, laughter, wholeness, enthusiasm, and gratitude you will experience in your life.

This Book Will Help You To:

- Experience peace in situations that used to be filled with anxiety and stress
- Lose the sense of lack in your life, and live with a sense of a wholeness and completeness
- Put an end to your feelings of unworthiness and insecurity
- Enjoy less arguments, resentment, and disappointment in your relationships with others
- Experience the freedom to act how you feel without worrying about others' opinions
- Live in the moment or live the power of now
- Experience the fulfillment you have been searching for

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Editorial Review

Review

- "A clearly explained, logical and easily understood analysis of how our thoughts get in the way of living."
- "I thoroughly enjoyed this book and was able to put the advice into practice quickly."
- "No matter how hard I've tried to battle my anxious thoughts by myself, or with the professional help of others, Noah was able to dissipate each thought within minutes."
- "It is written with a profound empathy for the human condition, and is grounded in the practicalities of exactly how you go about changing your life."
- "The single best book I have read on how to live in the present moment."

About the Author

Noah Elkrief helps people to quickly and easily lose their emotional suffering through 1-on-1 counseling, books, Youtube videos, and blog posts. His book, "A Guide to The Present Moment", has been downloaded by over 100,000 people. Noah runs a video blog at LiveInTheMoment.org that gets over 25,000 monthly visitors, and he has a Youtube channel that has over 100,000 subscribers and gets over 350,000 monthly views.

From the time Noah was just six years old, he started meditating every day. While devoting himself to meditation, Noah also managed to achieve worldly success as he worked on the trading floor at Goldman Sachs in New York, traveled around Europe as a corporate strategy consultant based out of London, and was accepted into the prestigious Mensa society.

In the summer of 2009, Noah's life drastically changed when, in one moment, the vast majority of his thoughts just vanished from his mind. Without almost all of his thoughts, Noah was left with the indescribable experience of peace, freedom, and wholeness that he had always been longing for. As it turned out, this wasn't just a passing experience, and almost all of his thoughts barely attempted to return.

Once Noah's mind had become predominantly silent, any time a new thought entered his mind and tried to create suffering, he could see very clearly how the thought wasn't true. What he discovered was that when he didn't believe his thoughts, his thoughts stopped creating emotions, and they stopped taking his attention. That left Noah with the virtually uninterrupted experience of peace. Noah then left the corporate world to dedicate his life to helping others to live in peace,

Users Review

From reader reviews:

Jack Lau:

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