



The Moment: A Practical Guide to Creating a Mindful Life in a Distracted World

Achim Nowak

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What if there was a way of knowing our moments more richly and more deeply as they unfold? What if we experienced more memorable moments in any given day? How might this alter the experience of our lives?

That is the tantalizing premise of Achim Nowak's book, **THE MOMENT**. It introduces us to 4 simple keys. These keys are entirely common-sense. That is their beauty.

Return to experiencing the world with all of your senses. Learn how to tune into prajna wisdom - the wisdom that talks to us as a moment unfolds. Discover ways of receiving and wave-riding energy. And reap the rewards of making time stand still.

THE MOMENT is a compulsively readable book. Instead of urging us to do more and work harder, **THE MOMENT** shows us how to rediscover a childlike delight in the world. Apply the 4 keys, and sumptuous moments will suddenly pop up all around you. You will instantly experience more success in business and in life. You will know the infinite pleasures of living in the moment.

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