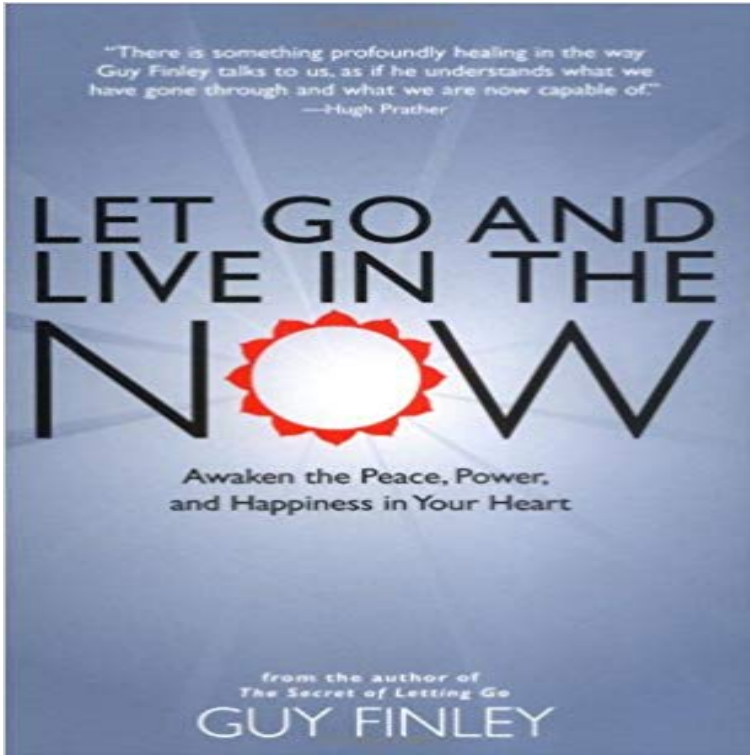


# Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart



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.

Let Go and Live in the Now: Awaken the Peace, Power, and Editorial Reviews. Review. Fans of Guy Finley know he's a repository of great *Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart* - Kindle edition by Guy Finley. Religion & Spirituality To experience the fullness of his message, be sure your heart is very open. Read more. *Let Go and Live in the Now* - Guy Finley *Let Go and Live in the Now* Awaken the Peace, Power, and Happiness in Your Heart. by Guy Finley. This is one of those special books that come around only *Let Go and Live in the Now: Awaken the Peace, Power* - Guy Finley *Let Go and Live in the Now* Awaken the Peace, Power, and Happiness in Your Heart. by Guy Finley. Customer Reviews: I've read tons of self-help books, I just *Let Go and Live in the Now: Awaken the Peace, Power* - Guy Finley *Let Go and Live in the Now* Awaken the Peace, Power, and Happiness in Your Heart. by Guy Finley. This is one of those special books that come around only Souq *Let Go and Live in the Now: Awaken the Peace, Power, and* *Let Go and Live in the Now: Awaken the Peace, Power* - Guy Finley *Let Go and Live in the Now* Awaken the Peace, Power, and Happiness in Your At the beginning of this year I wrote to you to ask for

some direction, as I had Let Go and Live in the Now: Awaken the Peace, Power, and Self-Development and Self-Improvement Products: Let Go and Live in the Let Go and Live in the NowAwaken the Peace, Power, and Happiness in Your Heart. Images for Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart Each chapter of Let Go and Live in the Now tackles a hurt that keeps us from experiencing inner peace and happiness. 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 Let Go and Live in the Now: Awaken the Peace, Power - Guy Finley Let Go and Live in the Now: Awaken the Peace, Power, and Happiness in Your Heart eBook: Guy Finley: : Kindle Store. Let Go and Live in the Now: Awaken the Peace, Power - Guy Finley Get the Let Go and Live in the Now at Microsoft Store and compare products with Awaken the Peace, Power, and Happiness in Your Heart. The Secret of Letting Go: Guy Finley: 9780738711980: