



The Presence Process: A Healing Journey Into Present Moment Awareness (v. 1)

Michael Brown

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Today we all face an increasing flow of events about which we may feel we can do nothing. This is not true. It is crucial we now experientially realize we are each responsible for navigating the quality of our personal experience. This book teaches us how to embrace authentic personal responsibility. It reveals the mechanics shaping the way we feel about our life and how we manifest our experience in a manner empowering us to respond consciously to every facet of our lives. It offers a simple, practical approach to accomplishing and maintaining personal peace in the midst of accelerating change, discomfort, conflict, and chaos.

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