

Living with Mindfulness and Purpose

*Using thoughts to discover
true meaning and happiness*

(with nature sounds)

By Diane L. Tusek

Learn to live in the present moment to gain inner wisdom, purpose, direction and peace. When you take control of your thoughts, you can "create" the person and that you know, and want to be.

"...the present moment is a precious gift that often goes unnoticed, and not always appreciated. This is your time to relax, settle down...and be connected with your thoughts, your feelings...and your dreams..."

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Running Time: 45 Minutes
Unabridged

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Steven Mark Kohn, music composer.
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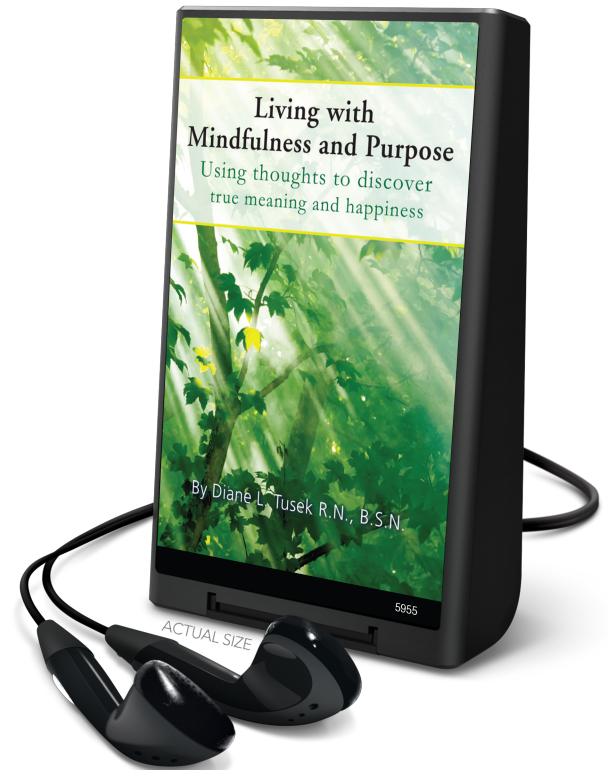
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