



The Now Effect: How a Mindful Moment Can Change the Rest of Your Life

Elisha Goldstein

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The Now Effect: How a Mindful Moment Can Change the Rest of Your Life Elisha Goldstein

Alleviate stress, ease pain, cultivate emotional freedom, create a healthier brain, and find enlightenment with cutting-edge mindfulness techniques from *The Now Effect*.

You can calm your anxious mind, have greater focus at work and home, feel more empathy toward yourself and others, approach difficulties with more grace and less stress, and be aware of what is most important to you. The secret is in the spaces.

A leader in mindfulness psychology, Dr. Elisha Goldstein demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don't serve you. Offering practical techniques to make deep, permanent life changes, Dr. Goldstein's techniques will allow you to connect to the present moment to make deep, permanent life changes and to connect with the good in life and with what really matters. In essence, this book teaches the foundation for how the now--this very moment--can change the rest of your life.

To enhance and ease the reader experience, the text contains Microsoft tags of Dr. Goldstein demonstrating his exercises, and the ebook includes embedded videos.

The Now Effect: How a Mindful Moment Can Change the Rest of Your Life Details

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Author : Elisha Goldstein

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From Reader Review The Now Effect: How a Mindful Moment Can Change the Rest of Your Life for online ebook

Colleen Lahey says

OK

Ramiz says

Mentions simple things by giving examples in such a way that they appeal to the reader. As a saying goes that In the mind of geniuses, you find once again, your own neglected thoughts.

Sandy Kemp says

Have to admit I didn't finish this. After the first few chapters it just seemed a bit repetitious. I may read again in future.

Paula says

A good primer.

Peri Kinder says

Although this book becomes a LOT cliched at times, there's still some good advice from Elisha Goldstein about living in the present. For anyone interested in mindfulness, awareness or living consciously, this would be a good place to start.

Alex says

A thoroughly enjoyable read with some useful content.

Jeff says

Every now and then a book comes along with the power to change your life--or more specifically, to change the way you live your life. For me, The Now Effect is just such a book. By providing both a blueprint for mindful living AND the necessary tools to build something highly practical from it, Dr. Elisha Goldstein

offers readers the most precious of gifts: personal empowerment. My suggestion to you: take a deep breath, focus your intention to improve your life, and use this mindful moment to buy this book!

Lane Mahnke says

In Part I, the author sets the stage for what is to come with ideas and practices on paying attention. Try this: "Breathing in, I am aware of what truly matters, breathing out, I let go of living on automatic." He covers understanding what motivates you, getting serious about your intentions, adapting a playful discipline. Try "See, Touch, and Go," a practice to remind you to stay in the present moment.

Part II focuses on the training ground for "the now effect." You can begin with saying "yes," feeling the spaces in your body, taking advantage of the red lights in your life, eating mindfully, and returning to what really matters. In a fascinating chapter on "Know Your Mind, Change Your Brain," Goldstein hits high stride with material on rewriting the movie in your mind, memory matters, mind traps, work, thinking small, and experimenting with the mantra "Maybe so, maybe not." This top-notch chapter is followed by ones on priming your mind for good and changing your mind.

Goldstein provides many thought-provoking insights in his treatment of working with difficult emotions such as fear, sadness, and anger. He closes with a paean to genuine connections with people and practices to go deeper with the now effect.

Goldstein has pulled off a miracle by adding some fresh slants on a subject that has been over-worked in books and articles lately.

Sonia Agosta says

interessante come approccio alla meditazione

Ellen says

The author had some relevant comments on the subject of mindfulness and I found the exercises relevant and useful.

Cindy Crocker says

Breathe and be right here.

Good guide to helping you live in the present. The short chapters make it easy to read and take time to put the lessons into practice.

Rose says

Not much new information but well written and a good guide for bring in the moment.

Tawona Baker-Kubena says

I was reading a very organized, logically flowing book about mindfulness as I also read this one. The Now Effect felt less organized and a mix of various aspects of mindfulness that didn't follow a particular order. I did, however, love the short chapters, many of which end with a practical way to practice mindfulness in your own life. This made it easy to read in small bits. Many chapters touched topics in a meaningful way. I definitely had many practical take aways from choosing to finish the book.

AK says

The Now Effect is written in a way that is easy to understand and also offers practical, easy to use exercises that I was able to instantly incorporate into my life. What is particularly unique about The Now Effect is that it includes bar codes which link to youtube videos where the Author explains and leads mindfulness exercises. These videos really helped me understand how to implement the exercises and practices into my everyday life. I also loved that the Author has created an online "community" with a website (where you can sign up for daily emails that include "now moment" reminders), Facebook page and Twitter where the author posts short reminders throughout the day to help bring you back into the now. I highly recommend taking advantage of these additional resources. I feel that the book was a great base for my mindful practices and that by being part of this community is supporting me in my quest to lead a more mindful life.

Mashgoodreads says

Starts off great, but then gets repetitive
