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It is just as simple and moving of a message as you can get. You are here! yes, you are. But living in the present is not something that you can wrap your brain on easily. Well, the Thich Nhat Hanh has an amazing way of explaining to you how to do just that. This book connects with the reader, and it connects fast.

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At such moments, we cannot really be here for ourselves. We are not really here for life. Practice makes it possible for us to be free to rid ourselves of these obstacles and establish ourselves firmly in the present moment. Practice gives us methods we can use to help us be here in the present moment.

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YOU ARE HERE Discovering the Magic of the Present Moment

In order to truly love ourselves, or others, we must be here now, in the present. Being present can be as simple as concentrating on our breath. Generating our own presence is the most precious gift we can offer society. I read You are Here at an opportune time in my life.

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You Are Here also offers guidance on healing emotional pain and manifesting real love and compassion in our relationships with others. Simple, warm, direct, and startlingly potent, this book reveals the heart of the Buddhist path and helps us to reconnect with the joy and wonder of being alive, regardless of life's changing circumstances.

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You are here discovering the magic of the present moment

This moment is the gateway to enlightenment. It is the only moment we have to be joyful, mindful, and awake.

The key is to be there for yourself?to learn to be fully present in your life. This, Thich Nhat Hanh explains, is the heart of Buddhist practice.

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