

Now: Discovering the Power of the Present Tense

Patrick Regan



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You know that wonderful feeling you get when you accomplish a task you've been avoiding, delaying, or tiptoeing around? Wouldn't it be great to have that feeling every day? *Now* can show you how. This simple but inspiring book reminds us that there are countless little acts that we can accomplish every day - little lingering things that we can banish from our minds, making room for the more important stuff. For example:

- Consolidate the ketchup bottles, now.
- Send those thank-you notes, now. It's never too late.
- Get three competitive bids on your car insurance, now.
- Put loose pictures in a photo album, now.
- Fierce competition among retailers has made nearly everything returnable. If you don't like the blouse/skirt/couch, return it now. (The swimsuit, you're stuck with.)

With glints of sly humor, clever illustrations, and surprising insight, *Now* reminds us that what we accomplish needn't be earth shattering in scope or life altering in importance. The beauty of "now" is simple. Now removes nagging concerns from your consciousness. Now gives you little victories every day. Now liberates you and allows you to move on. Now, doesn't that sound good?

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