



Immerse: A 52-Week Course in Resilient Living: A Commitment to Live With Intentionality, Deeper Presence, Contentment, and Kindness. (Volume 1)

MD, Dr. Amit Sood HD

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It isn't about living in the present moment; it is about being present for your moments. It isn't about emptying the mind; it is about filling the mind with hope and positivity. It isn't about focusing on breath and emptiness; it is about striving to be consistently patient and kind. "Immerse" offers you an authentic, simple, practical, and engaging program to be more present for your moments, fill your mind with hope and positivity, and become consistently patient and kind. The subtle strength of authentic presence, hope, positivity, patience and kindness will make you strong - phenomenally strong. Despite truly wishing to live our days guided by our core values, most of us struggle because of one important reason – our mind's distractibility and forgetfulness. Our mind needs daily reminders, repetitions and a constant flow of novel ideas to translate our kind intentions into daily habits. "Immerse" offers you stories weaved in scientifically-anchored insights and the discipline of a daily practice your mind needs to develop an attention that is strong, focused, and kind, and thinking that is big picture, rational, and values-driven. Whether you're interested in improving your relationships, enhancing your health and wellness, career success, becoming a better parent, or all of the above, you'll need deeper presence, intentionality, contentment and kindness to succeed. "Immerse" strives to provide you all of these. The book has 104 writings (two for each week) that integrate science, stories and observations from daily life, to create an inspirational, interesting and informative delicacy that your mind will savor for years to come. Combining the (optional) online program that links these insights with practices can offer you a complete meal for your mind. (Check Stressfree.org/Immerse/) Immerse yourself in timeless values so you become one with them. Take others with you on this ride, so together, you savor a rewarding and meaning-filled life.

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