

Title:

Have a Present Moment!

Word Count:

271

Summary:

We all have bad days and unpleasant feelings. Maybe you are having one now. It's okay. Just li

Keywords:

present,present moment,pleasant feelings,breathe,center,experience,grateful,cheerful,fully ali

Article Body:

It was the 10th day of rain, and I walked into the pool locker room feeling a little soggy and

I went for a walk that afternoon - in the rain - and enjoyed myself immensely. Later, in my ca

It seems just when I need it, some reminder to be cheerful comes along. Like a breath of fresh

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Be on the look out today for reminders to be grateful, cheerful, and fully alive in this momen

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