

# No Day But Today: A Timeless Guide to Living in the Present Moment

No Day But Today is a classic text on the art of living in the present moment. This book will teach you how to let go of the past, embrace the present, and live a more fulfilling life.

The book is divided into three parts. The first part, "The Past," explores the ways in which we hold onto the past and how this can prevent us from living in the present moment. The second part, "The Present," teaches us how to let go of the past and embrace the present moment. The third part, "The Future," shows us how to live in the present moment in Free Download to create a more fulfilling future.



## No Day But Today!: An Anthology of Poetic Voices

by Kristina Jacobs

★★★★★ 5 out of 5

Language : English

File size : 1348 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 151 pages

Lending : Enabled

Paperback : 50 pages

Item Weight : 2.72 ounces

Dimensions : 5.5 x 0.13 x 8.5 inches

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### **What You'll Learn from No Day But Today**

- How to let go of the past
- How to embrace the present moment
- How to live a more fulfilling life

### **Who Should Read No Day But Today?**

No Day But Today is a book for anyone who wants to live a more fulfilling life. This book is especially helpful for people who are struggling to let go of the past or who are feeling anxious about the future.

### **About the Author**

Alan Watts was a British philosopher, writer, and speaker. He is best known for his work on Eastern philosophy, particularly Zen Buddhism. Watts wrote over 25 books and gave over 2,000 lectures on Eastern philosophy.

No Day But Today is one of Watts' most popular books. This book has been translated into over 20 languages and has sold over 2 million copies worldwide.

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