



What About Now? Reminders for Being in the Moment

by Gina Lake, Nirmala's wife

The secret to happiness is moving out of the mind and learning to delight in each moment. In *What About Now*, you will find over 150 quotes from Gina Lake's books—*Loving in the Moment*, *Embracing the Now*, *Radical Happiness*, and others—that will inspire and enable you to be more present. These empowering quotes will wake you up out of your ordinary consciousness and help you live with more love, contentment, gratitude, and awe.

Here is a sample: "Surrender happens simply and naturally whenever we stop paying attention to our mind's version of life and start paying attention to life, itself, as it is coming out of the Now. There's something else to do besides think! And that is to notice, to be aware of what is happening now. Notice, look, feel, listen, sense, and give yourself fully to the experience you are having, and you will drop into the Now." 174 pages.

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About Gina Lake:

Gina Lake, Nirmala's wife, is a spiritual teacher who is devoted to helping others wake up and live in the moment. She has a master's degree in counseling psychology and over twenty years experience supporting people in their spiritual growth. Her books include *Radical Happiness*, *Embracing the Now*, *Anatomy of Desire*, *Return to Essence*, *What About Now? Loving in the Moment*, *Living in the Now*, and *Getting Free*.

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