



Every Moment Matters: Savoring the Stuff of Life

John St. Augustine

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Small slices of time go unnoticed. You go about your day, never realizing how much information missed moments contain. They are packed with lessons about living life to its fullest.

John St. Augustine can teach you how to notice these ordinary moments. Remember them. Relive them. Live in the present while creating future moments that have depth, meaning, and purpose. Through anecdotes from his own life, St. Augustine demonstrates how to turn ordinary moments into extraordinary ones.

Be still. Pay attention. Find the moments that matter.

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