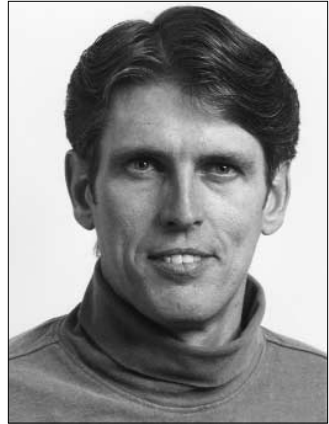


*“How we make sense
of the major successes
and losses in our lives
determines what we
think is important now.”*
— p. 9



John Kuypers speaks from experience. In 1992, this driven, successful corporate executive collapsed on the family room floor at the age of thirty-four. It was the wake-up call that led him on a seven-year journey that would transform his life from an obsessive frenzy to one with a deep confidence and a clear sense of purpose. He walked away from a \$250,000 income and a superficially happy marriage in order to discover for himself why he felt dissatisfied with his life. John Kuypers has become a success by a different means — by learning how to live in the present, free from second-guessing past decisions and from fretting over goals yet to be achieved. Today, he writes, teaches, and speaks to people from all walks of life about the rewards of a sharper mind, a healthier body and a passion for life that come with living more fully in the present.

*Please turn the page to see what people are saying
about John Kuypers and the impact of discovering*

What's Important Now

Comments from audiences and seminar groups about John Kuypers and his teachings on living in the present:

On the main message...

"I liked your message: Believe that everybody does the best they can."

"I loved the idea of coming to peace with my imperfections."

"How important it is to live in the present! Relax and live now."

"Some insight into how to face fear."

"Be comfortable with myself."

"How important it is to try to be a kid again."

"Amazing insights – simple and powerful."

"You left me feeling hopeful about myself."

On John Kuypers' teaching style...

"John presented a new way of thinking with easily understood analogies."

"Lots of practical, helpful, timely tips."

"I will certainly use what I've learned in my day-to-day activities."

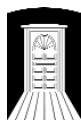
"Great job...explained complex subject matter in simple language that made it easier for everyone to grasp the intended message."

"Far more than I expected."

What's Important Now

**Shedding the
Past So You Can
Live in the Present**

John Kuypers



Present Living & Learning, Inc.

www.presentliving.com

“Perhaps love is the process
of my leading you
gently back to yourself.
Not whom I want you to be,
but to who you are.”

Antoine de Saint-Exupéry

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