



# The Present

*Spencer Johnson*

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## **The Present** Spencer Johnson

From Publishers Weekly Johnson's megaselling *Who Moved My Cheese?* helped readers cope with changes beyond their control. The author now proffers another easily digestible parable encompassing a related, but broader, topic: how to attain happiness and success in life. In large type that's easy on eyes both old and young (and that stretches this brief book past 100 pages), Johnson lays out a bare-bones tale of a man who learns a valuable lesson about living in the present from a wise old gent. Stuck in a rut in his job and personal life, the younger man learns about *The Present*, a three-fold way of living and working. Bit by bit, the old man explains how it works: in order to achieve bliss in life, it's important to pay equal attention to the past (learn from mistakes), the present (live in the moment) and the future (plan for it as best as possible, but don't "lose yourself in worry or anxiety"). The common-sense knowledge and concentration on living in the now lend a Zen feel to the story, and while Johnson's approach may border on the corny (everything runs smoothly for his characters, and they share with each other such tidbits as, "The Present is a gift you give to yourself. Only you have the power to discover what it is"), it's undeniably sound. Despite some awkward phrasings, Johnson's latest brims with good ideas for those feeling frustrated, stagnant, depressed or overwhelmed, and is bound to be embraced by the self-help-loving masses. Copyright 2003 Reed Business Information, Inc.

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