

# Living in the Now

As a veteran therapist, I have encountered many many clients who suffer from depression and anxiety. From those years of experience I have learned that depression, simply stated, is "being stuck in the past" and anxiety is "fretting about the future". While clinical diagnoses of these two disorders is not so simple, learning to live in the now is the ultimate goal. And while I am convinced there is a digestive wellness component that must be addressed for those with clinical mental health issues, I strongly encourage all adults to consider reading the works of Eckhart Tolle.

Which brings me to this little clip...I saw Jim Carrey interviewed a few years ago and he was so at peace. He was definitely aware of how to live in the moment. Since I have also been profoundly influenced by the author of *The Power of Now*, I wasn't surprised when I came upon this...