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1 2 About Henri Nouwen The internationally renowned priest and author, respected professor and beloved pastor Henri J.M. Nouwen wrote over 40 books on the spiritual life.

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3 13 The Now •Our "power is in the present― •The only moment that is significant is the present –Nothing exists except the "now― –The past is gone and the future has not yet arrived •To be fully aware is to live in the here & now –By reliving the past or worrying about the future, a person

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