

How to live in the moment

Post by “Don” of October 27, 2021 at 9:27 PM

[Quote from JJElbert](#)

I haven't listened yet, but my gut response is something like John Mulaney here at the 1:40 mark

First, LOL. I like John Mulaney.

Second, I found interesting in the podcast that she disassociated mindfulness from meditating. I also liked the discussion about retrospection (and finding pleasure in it) and prospection (and getting pleasure in the pleasure moment while realizing your plans may not come to fruition).