



Here's your new
mantra: *Stay
in the moment.
Stay in the
moment. Stay in
the moment.*

Stop Worrying. Start Living. Do It Now!

I've wasted years freaking out about the future. But once I learned to just enjoy the moment, I realized life has a funny way of working itself out.

BY MARGARET RENKL

A few years ago the newspaper I worked for changed owners. Rumors of a takeover had been floating around the office for months—plenty of time for me to figure out that my job would be a goner as soon as the deal went through. If you're a book-page editor, and you suddenly work for a company

that doesn't print book reviews, you don't need to be John Grisham to figure out how the story ends. A smarter person would have spent those months looking for another job. Not me. I simply hung on, living in a state of constant, low-grade dread, sure the other shoe was bound to

drop but unable to predict when it would finally fall.

The merger went through, but, miraculously, my job wasn't on the hit list after all. I remained steeled for the inevitable, however. "I'm not planning beyond the next few weeks," I would tell colleagues. "It's just a matter of