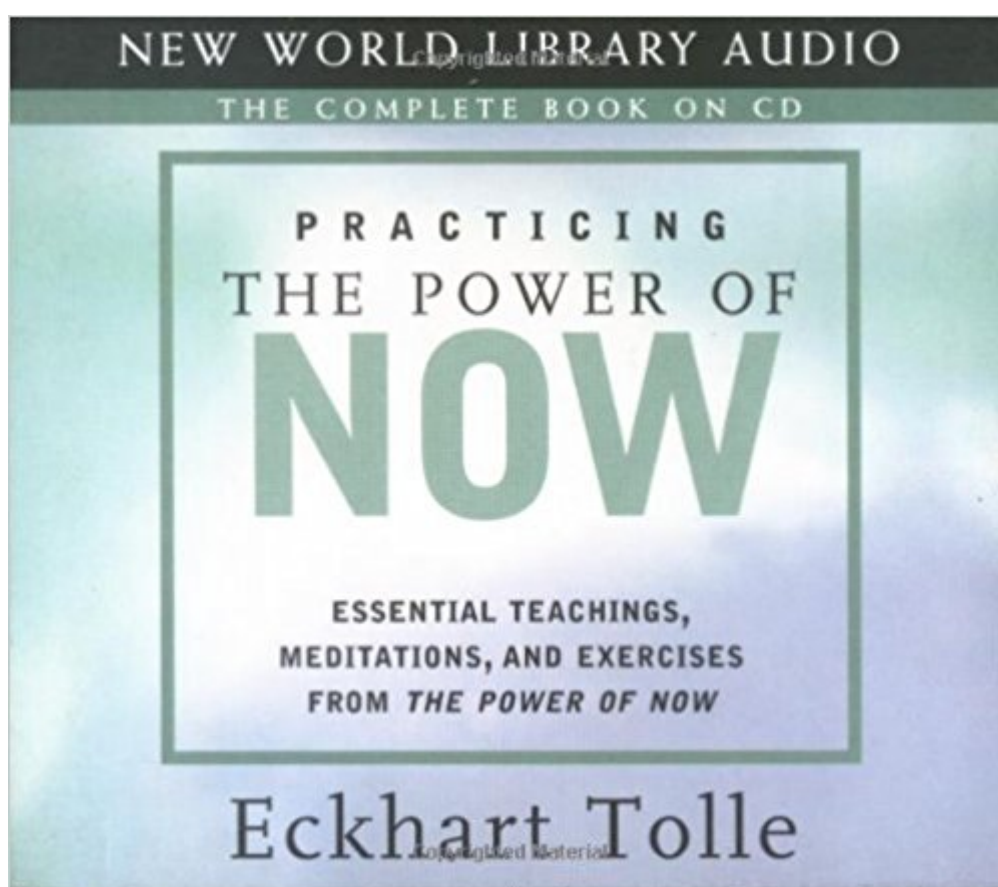


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Practicing The Power Of Now: Essential Teachings, Meditations, And Exercises From The Power Of Now



Synopsis

Practicing the Power of Now extracts the essence from Eckhart Tolle's teachings. Using simple techniques, Tolle shows readers how to live in the present moment and find the truest path to happiness.

Book Information

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Customer Reviews

This manual-style book instantly dives into Eckhart Tolle's principles of "living in the moment," which could be a jarring experience for readers who haven't read his preceding book, *The Power of Now*. For the initiated, though, this makes an excellent companion guide--rich in exercises and meditations to help readers get out of their minds so they can live more peacefully in their bodies. Sometimes it's hard to fathom what on earth Tolle is talking about: "To regain awareness of Being and to abide in that state of 'feeling-realization' is enlightenment." Be patient. All concepts will be revealed (or at least more carefully explained). Ultimately, Tolle leads readers into a new form of thinking (or actually not thinking) that erases the consuming habits of waiting, worrying, and being in fear. The first step is ending the "delusion of time." He asks, "Are you always trying to get somewhere other than where you are? ... Is most of your doing just a means to an end?" If so, Tolle has a book full of advice for you. As simplistic as this may sound, Tolle's work has spiritual merit and depth, especially for frantic Westerners who find their lives diminished by packed schedules and busy-ness. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

The must-read bible du jour. * Red magazine * The POWER OF NOW can transform your thinking.

The result? More joy, right now. -- Oprah Winfrey The POWER OF NOW can transform your thinking. The result? More joy, right now. -- Oprah Winfrey --This text refers to an out of print or unavailable edition of this title.

I feel like I've been asleep my entire life.. And just now woke up. Clarity.I understand things I didn't think I would until death gave me the answers.

I have purchased this little book over and over to send to friends and family thru the years! Everything in it is relevant for those of us wanting to live a more empowered and in the moment life and mindset. It has helped me tremendously as I have had the tendency to "worry" about things and people, constantly analyzing what I can do to "help". For many years I rarely lived in the NOW as a result of my projections of fear into the future. I missed a lot of precious NOW moments in those days. That aspect has now diminished greatly and the instruction in this wonderful book has had a lot to do with that! I read it almost daily to keep myself on track! I am much more at peace, relaxed and trusting of the process in all things with greater ease! I like that "easy button" I now use in my mind. Thank you Eckhart Tolle for sharing your insight and wisdom with the world. You are helping all of us who want greater peace to become gentler souls on the planet. You are here and we are better off for it!Kelli in Sedona, AZ

Love this 150 page book. A lot of good tips to STAY IN THE NOW!

A great follow up to The Power of Now. After reading the Power of Now a few times (and Eckhart's other books), I found this to be a good review of the philosophy.

I give this a thumbs up for empowerment for your life and a deeper understanding of the mind over matter of the human body. Very encouraging teaching at a different way to understand yourself.

Love his books.. his voice is difficult to get through. Might have to go back to reading.

Great way to spend your commute - if you have read the book (or even if you haven't), it is a peaceful way to be reminding of the power of now and being mindful

Highly recommend. Well written and easy to grasp concepts. A book you can return to again and

again. Thank you

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