



Practicing the Power of Now: Essential Teachings, Meditations, and Exercises From The Power of Now

By Eckhart Tolle

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Practicing the Power of Now: Essential Teachings, Meditations, and Exercises From The Power of Now By Eckhart Tolle **Bibliography**

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Editorial Review

Amazon.com Review

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 busyness. --Gail Hudson

Review

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 The must-read bible du jour. Red magazine

About the Author

Eckhart Tolle was born in Germany, graduated from the University of London and worked at Cambridge University. When he was twenty-nine, a profound spiritual transformation virtually dissolved his old identity and radically changed the course of his life. He is now a counsellor and spiritual teacher.

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