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World-renowned spiritual teacher Eckhart Tolle conveys simple wisdom that transcends any particular religion, doctrine, or guru. His #1 NYT bestselling book is a modern classic in the field of personal growth and spirituality; Oprah Winfrey credits The Power of Now with helping her to "get through September 11, 2001" and she featured it on her December 2002 "Oprah's Favorite Things" show.

The Power of Now: A Guide to Spiritual Enlightenment ...

The Power of Now: A Guide to Spiritual Enlightenment is a book by Eckhart Tolle. The book is intended to be a guide for day-to-day living and stresses the importance of living in the present moment and transcending thoughts of the past or future.

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The Power of Now: A Guide to Spiritual Enlightenment Audible Audiobook – Unabridged Eckhart Tolle (Author, Narrator), New World Library (Publisher) 4.7 out of 5 stars 15,626 ratings #1 Best Seller in Buddhism

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The Power of Now 3 Minute Summary: 15 Lessons Learned ...

The Power of Now is an appealingly written mix of powerful spiritual truths, meaningless babble, and falsehoods. Tolle has taken some good wisdom from the world's religions, dressed it in New Age language, personalized it with his own less impressive wisdom, and then used a powerful personal story* to sell the book.

The Power of Now: A Guide to Spiritual Enlightenment by ...

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With his book, The Power of Now, Eckhart Tolle rightfully takes his place among this special group of world-class teachers. Eckhart's message: the problem of humanity is deeply rooted in the mind itself. Or rather, our misidentification with mind. Our drifting awareness, our tendency to take the path of least resistance by being less

The Power Of Now - Shroomery

Don't make an identity for yourself out of it. Stay present, and continue to be the observer of what is happening inside you. Become aware not only of the emotional pain but also of "the one who observes," the silent watcher. This is the power of the Now, the power of your own conscious presence.

The Power of Now Quotes by Eckhart Tolle - Goodreads

The Power of Now and A New Earth sold an estimated three million and five million copies respectively in North America by 2009. In 2008, Tolle joined television talk show host Oprah Winfrey for 10 live webinars, and by October 2009 they had been accessed 35 million times.

Eckhart Tolle - Wikipedia

The Power Of Now Summary. May 7, 2016 December 8, 2020 Niklas Goeke Happiness, Mental Health, Mindfulness, Psychology, Self Improvement. 1-Sentence-Summary: The Power of Now shows you that every minute you spend worrying about the future or regretting the past is a minute lost, because really all you have to live in is the present, the now, and gives you actionable strategies to start living every minute as it occurs.

The Power Of Now Summary- Four Minute Books

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Overview. Much more than simple principles and platitudes, The Power of Now takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind.

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"The Power of Now" is a spiritual self-help guide to help us discover our true Being, release our pain and find deep inner peace. When we are intensely present in the Now, we respond from deep consciousness and flow with ease and joy in life.

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