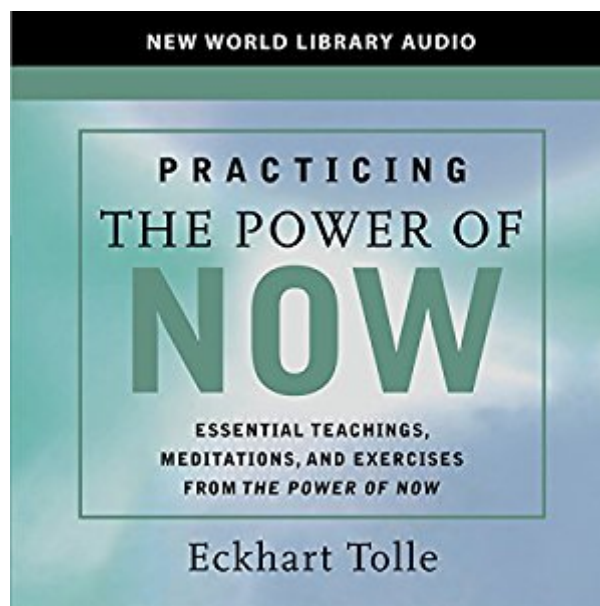




The book was found

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



Synopsis

All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 2 hours 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: New World Library

Audible.com Release Date: April 11, 2003

Language: English

ASIN: B000096BDG

Best Sellers Rank: #4 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help
#38 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #42
in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

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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