

The Power Of Now A Guide To Spiritual Enlightenment

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The Power of Now - Summarized for Busy People: A Guide to Spiritual Enlightenment

Get your Companion Reads Summary of Eckhart Tolle's The Power of Now and read it today in

less than 30 minutes! Attention: This is a supplementary guide meant to enhance your reading experience of Eckhart Tolle's *The Power of Now*. It is not the original book nor is it intended to replace the original book. You may purchase the original book here: <http://bit.ly/TollePower> In this fast guide you'll be taken by the hand through a summary and analysis of The main points made by the author An organized chapter by chapter synopsis References to noteworthy people mentioned The author's most valuable tips, websites, books, and tools Most CompanionReads may be read in 30 minutes. This book is meant for anyone who is interested in enhancing their reading experience. It will give you deeper insight, fresher perspectives, and help you squeeze more enjoyment out of your book. Perfect for a quick refresh on the main ideas or when you want to use it as a topic of conversation at your next meeting. Enjoy this edition instantly on your Kindle device! Now available in paperback, digital, and audio editions. Sign up for our newsletter to get notified about our new books at www.companionreads.com/gift

Understanding Eckhart Tolle

The essential companion volume to the phenomenal self-help bestseller *THE POWER OF NOW* - 'the must-read bible du jour'. Eckhart Tolle's book describes the experience of heightened consciousness that radically transformed his life - and shows how by living in the moment we can also reach a higher state of being where we can find joy and peace and where problems do not exist. The invaluable companion volume - *PRACTISING THE POWER OF NOW* - contains all the essential techniques we need to start to put this important book into

practice in our own lives. No reader will be complete without it.

Milton's Secret

From the international bestselling author of *Unlearn*, Humble the Poet speaks new truths about how we can create silver linings from our most difficult moments. Every one of us endures setbacks, disappointments, and failures that can beat us down. But we don't have to let them. Instead, we can use them as opportunities for growth. In *Things No One Else Can Teach Us*, Humble the Poet goes against conventional wisdom for happiness and success, showing us how our most painful experiences can be our greatest teachers. Humble shares raw, honest stories from his own life—from his rocky start becoming a rapper to nearly going broke to battling racism—to demonstrate how we can change our minds to better our lives. From a breakup to losing a loved one, our hardest moments can help us flourish, but only if we seize the opportunity. While we can't control life, we have the power to control how we react to it. *Things No One Else Can Teach Us* reminds us that we have the power to transform the way we respond to everyday challenges and ultimately be our best selves.

Beyond the Power of Now

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. It's no wonder that The Power of Now has sold over 2 million copies worldwide and has been translated into over 30 foreign languages. Much more than simple principles and platitudes, the book 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. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

Parenting with Presence

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of

those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

The Untethered Soul Guided Journal

The Power of Now

The 10th anniversary edition of A New Earth with a new preface by Eckhart Tolle. With his bestselling spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.

A New Earth (Oprah #61)

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An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of *The Power of Now*.

Chasing the Scream

The New York Times Bestseller *The Book Behind the Viral TED Talk* For the first time, the startling full story of the disastrous war on drugs--propelled by moving human stories, revolutionary insight into addiction, and fearless international reporting. What if everything you think you know about addiction is wrong? One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not be able to. As he grew older, he realized he had addiction in his family. Confused, unable to know what to do, he set out on a three-year, 30,000-mile journey to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their war on drugs--with extraordinary results. His discoveries led him to give a TED talk and animation which have now been viewed more than 25 million times. This is the story of a life-changing journey that showed the world the opposite of addiction is connection.

Summary of The Power of Now

Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of *The Power of Now* “Clear, wise, soulful, and poetic.” — Alanis Morissette

Guardians of Being

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou’s debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for

as long as people read. “I Know Why the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity.”—James Baldwin From the Paperback edition.

Book Review: The Power of Now by Eckhart Tolle

#1 INTERNATIONAL BESTSELLER What’s the formula for a happy life? Neil Pasricha is a Harvard MBA, a Walmart executive, a New York Times – bestselling author, and a husband and dad. After selling more than a million copies of his Book of Awesome series, he now shifts his focus from observation to application. In The Happiness Equation, Pasricha illustrates how to want nothing, do anything, and have everything. If that sounds like a contradiction, you simply haven’t unlocked the 9 Secrets to Happiness. Each secret takes a common ideal, flips it on its head, and casts it in a completely new light. Pasricha then goes a step further by providing step-by-step guidelines and hand-drawn scribbles that illustrate exactly how to apply each secret to live a happier life today. Controversial? Maybe. Counterintuitive? Definitely. The Happiness Equation will teach you such principles as: · Why success doesn’t lead to happiness · How to make more money than a Harvard MBA · Why multitasking is a myth · How eliminating options leads to more choice The Happiness Equation is a book that will change how you think about everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness. From the Hardcover edition.

The Power of Now: a Guide to Spiritual Enlightenment/ Eckhart Tolle, 1999

A first work of non-fiction available in English by the James Joyce Foundation Award-winning Chinese author of *Brothers* is presented through a framework of ten common phrases in the Chinese vernacular to offer insight into the nation's modern economic gaps, cultural transformations and ubiquitous practices of deception.

The Happiness Curve

Oneness with All Life

Outlining the new worldview of conscious evolution, futurist Barbara Marx Hubbard has written a call to action for our current generation to fulfill its creative potential. She defines conscious evolution as “the awareness that humans have gained the power to affect our own evolution,” and she asserts that we must quickly become capable of wise and ethical guidance of evolution itself, if life on earth is to survive. Only in the last fifty years have we gained the scientific and technological power to destroy or enhance the planet's life-support system. Our generation has the ability to abuse or conserve these powers — to act, in a way, as “co-creator.” *Conscious Evolution* reveals the “path of the co-creator” — born out of these powers and society's new spirituality — and discusses the tools and opportunities that each of us has

to fully participate in this exciting stage in history.

Summary of the Power of Now

Imagine Feeling Light Like A Feather & Free Like An Eagle You know what I'm talking about. It's really tough to have inner peace in today's highly distracting world Even if we don't, we all know we do. We've all seen it don't we? People who either live in the past or stress about the future. If then, what's the point of this book? Success Leaves Clues. (SLC) Behind the magic, you'll ALWAYS find that there IS a magic process. "The Power of Now" if you will. The Power of Now was published in the late 1990s and was recommended by Oprah Winfrey. It has been translated into 33 languages and has sold more than 3 million copies. The Power of Now highlights the importance of living in the present moment and transcending thoughts of the past or future. So what? Then LEARN! "but then" Procrastinating already? Your mind works like a parachute. It only works when it's OPEN. Here's what you'll discover --- Chapter 1: The Definitions of Being --- Chapter 2: The Trouble With Pain --- Chapter 3: The Truth About Suffering --- Chapter 4: The Problems of the Past --- Chapter 5: The Potential in the Present --- Chapter 8: The Truth About Salvation --- Chapter 9: The Truth About Happiness --- And so much more. If you're ready to go DEEP into The Power of Now and get all the golden nuggets in a snap shot at the same time, click on the BUY NOW button and start reading this summary book NOW! ----- Why Grab Summareads' Summary Books? --- Unparalleled Book Summaries learn more with less time. --- Bye Fluff get the vital principles of a full-length book in a limited time. --- Come Comprehensive handy companion that can be reviewed side by side

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Tel Aviv Noir

To make the journey into The Power of Now we will need to leave our analytical mind and its false created self, the ego, behind. From the beginning of the first chapter we move rapidly into a significantly higher altitude where one breathes a lighter air, the air of the spiritual. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. The words themselves are the signposts. The book is a guide to spiritual awakening from a man who has emerged as one of this generation's clearest, most inspiring teachers. Eckhart Tolle is not aligned with any particular religion but does what all the great masters have done: shows that the way, the truth, and the light already exist within each of us.

I Know Why the Caged Bird Sings

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The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true."
---- Introduction

Summary of The Power of Now: A Guide to Spiritual

Based on the #1 New York Times bestseller *The Untethered Soul*, this guided journal offers powerful new practices for inspiration, freedom, and joy. In this beautiful guided journal, you'll find brand-new exercises and prompts paired with original passages from *The Untethered Soul*. These prompts encourage you to fully relate Michael A. Singer's teachings to your

personal experiences, allowing you to dive into the teachings and make them a part of your daily life. You'll also discover practices to help you gain distance from your noisy mind, tap into the deeper awareness that is your true essence, and work through the negative emotions that limit your potential. Grounded in traditions of meditation and mindfulness, the new exercises in this transformational journal will show you how to live more fully in the present moment, and achieve lasting joy and self-realization. If you're ready to open the door to limitless possibilities, The Untethered Soul Guided Journal will lead you to a richer understanding of your relationship to your mind, emotions, and inner energies. And by letting go of difficult past experiences you've held within yourself, you'll learn to access the profound happiness of your true, innermost Self.

The Seven Longest Yards

2 WORKBOOKS IN 1: EASY LESSONS AND EXERCISES TO HELP YOU DISCOVER THE POWER OF LIVING IN THE NOW AND BEAT NEGATIVITY! This double workbook for beginners contains the basic lessons and exercises originally contained in two bestselling titles of the "Secret of Now Series" *LIVING IN THE NOW IN EASY STEPS (7 Lessons & Exercises to Experience Inner Peace). *STOP NEGATIVE THINKING IN 7 EASY STEPS (7 Lessons & Exercises to Beat Depression & Pessimism Based on the teachings of the German spiritual leader Eckhart Tolle, author of "The Power of Now," "A New Earth," and "Stillness Speaks," its revealing pages center on the following premises: *Human suffering and unhappiness are produced by our own minds, which unceasingly produce an endless inner dialogue or mental

chatter, preventing us from experiencing the Joy of Living. *There is a simple method to slow down our chattering mind. Once you learn it, you too will be able to slow down your thoughts and end your inner distress and self-inflicted suffering. *By practicing this method, you will not only be able to stop your negative thinking and beat depression, but you will also experience inner peace and discover the joy of Living in the Now starting TODAY! GET THIS 2 IN 1 WORKBOOK NOW AND CHECK OUT THE REST OF THE SERIES! VOLUME 1: Living in "The Now" in Easy Steps VOLUME 2: Buddhist Meditation For Beginners VOLUME 3: Spiritual Hindu Tales to Calm Your Mind VOLUME 4: Christian Meditation in Easy Steps VOLUME 5: Meditation in 7 Easy Steps VOLUME 6: Stop Negative Thinking in 7 Easy Steps VOLUME 7: Understanding Eckhart Tolle: The Power of Living in The Now

Summary Eckhart Tolle's The Power of Now

Eckhart Tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. His views go beyond any particular religion, doctrine, or guru. This book extracts the essence from his teachings in *The Power of Now*, showing us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness."

The Power of Now

This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.

Practising the Power of Now

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of *Beyond the Power of Now*, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty

rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions.

The Power of Now

The journey into the Now requires leaving behind our analytical mind and focusing on the underpinnings of our life. Eckhart Tolle then will take us to a higher level of understanding where we realize the insignificance of the details of the world. We connect ourselves to the very essence of our Being and Tolle guides us through answering the most important questions in our life. A sensational book that has gathered followers from its first publication, *The Power of Now* shares the answers to the confounding questions about the quality of our lives, ultimately changing our lives for the better.

The Power of Now Journal

Buy the Paperback Version and Get the Kindle Version for Free What is the 'self'? What is the nature of 'I'? The reasons for you deciding to read this book are many. People across the globe have all kinds of problems in their daily lives, and at some point, everyone begins to ask the eternal question: What is my role in all of this? It can be a scary question to ask. If you happen to be at a crossroads in your life, then the answer to this question taken on a grand significance. It will seem as if every decision you make from here on out will either lead to chaos or prosperity. Looking at the world in binary, that is as a have or have not, positive or negative, black or white, form is one of the hallmarks of a mind that isn't trained or wise enough to contemplate its own magnificence. Acceptance of ambiguity and the lack of a definite answer is a major weakness in Western societies. We're simply not equipped to deal with uncertainty and situations where outcomes are not clear. This is especially true when it comes to ourselves. The current Millennial generation is discovering this first-hand. The socioeconomic conditions into which a Millennial has entered is very different from what America and the west have traditionally offered. Jobs are present, but given the scary levels of debt, one needs to assume to land one, the pay is almost moot. The net result is a generational war of sorts between conservative older folk, who believe the kids are lazy, and the younger folk who believe the older people screwed things up. This book is not going to solve global economic problems, far from it. However, given the anxiety and stress-ridden world of today, it pays to step back and examine our place in everything. Man's first instinct in the search for meaning is to look outward. The truth is if you wish to discover the secrets of life,

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nature, and the universe, all you need to do is look inward. This is how you set yourself on the path to right action and relieve yourself from negative pressure. A lot of people get down on themselves and paint themselves as victims. This is but the ego fooling you. You are no victim. You are strong and have the backing of the most powerful force in the universe, which is to say, you are an extension of it and contain within you everything you need to achieve what you want. You just need to open yourself up to it. Surrender and let it flow through you. This book will teach you how to reconnect and discover yourself. Discovering the order of things and their attendant meaning is nothing more than discovering yourself. After all, nature is represented in you. Understand your true nature, and you'll understand nature. As a clarification, this book's aim is not to help you discover your life's purpose or teach you how to attract prosperity. Those aims will take care of themselves only when you understand higher principles. The highest principle for you to understand is the nature of your mind and "I." Your issues with discipline and stress and anxiety, all emanate from a lack of understanding of these things.

China in Ten Words

Previously published Wiltshire, 1967. Guide to personal health and success

Summary of The Power of Now

Famed author Claude M. Bristol "blasts" you with the "Secret of the Ages" in his powerful book,

TNT: It Rocks the Earth. Adhering to his cornerstone philosophy on the power of believing, this book offers practical suggestions on how to accurately and scientifically proceed to get what you want in life. Learn how to impress your subconscious mind, make obstacles a phantom of the past, and have at your command a power that astounds!

Stillness Speaks

For the first time ever, bestselling author Eckhart Tolle brings the core of his teachings to children, ages 7 to 100. Beautifully illustrated and artfully expressed, this charming story will bring joy to children and their parents for decades to come. Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied. Living in the Now, he no longer dreads encountering Carter--and this changes everything. Milton's Secret will not only appeal to the millions of adult readers of Tolle's other books, but also to any parent who wants to introduce their children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering.

TNT: It Rocks The Earth

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This is a summary of Eckhart Tolle's *The power of now : a guide to spiritual enlightenment*. Much more than simple principles and platitudes, the book 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.

Practicing the Power of Now

"In this warm, wise, and witty overview, Jonathan Rauch combines evidence and experience to show his fellow adults that the best is yet to come." —Steven Pinker, bestselling author of *Enlightenment Now* This book will change your life by showing you how life changes. Why does happiness get harder in your 40s? Why do you feel in a slump when you're successful? Where does this malaise come from? And, most importantly, will it ever end? Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. He shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. This isn't a midlife crisis, though. Rauch reveals that this slump is instead a natural stage of life—and an essential one. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life. And Rauch can testify to this personally because it was his own slump, despite acclaim as a journalist and commentator that compelled him to investigate the happiness curve. His own story and the stories of many others from all walks of life—from a steelworker and a limo driver to a telecoms executive and a

philanthropist—show how the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Full of insights and data and featuring many ways to endure the slump and avoid its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it helps you find a path through the trees. It also demonstrates how we can—and why we must—do more to help each other through the woods. Midlife is a journey we mustn't walk alone.

Eckhart Tolle's Findhorn Retreat

Self help.

Things No One Else Can Teach Us

This summary of *The Power of Now* by Eckhart Tolle is not like any other book. It will teach you a new way of life. You might think that you have no other presence than your mind and physical body but you do not know your true self. *The Power of Now* will help you be present and live in the current moment like never before. It will liberate you from the noise of your mind and help you achieve inner peace. You will truly learn to live and connect with the Divine after reading and understanding this book.

The Power of Now

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This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

Psycho-Cybernetics

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

Practicing the Power of Now

Keret and Gavron masterfully assemble some of Israel's top contemporary writers into a compulsively readable collection.

The Power of Now

It can be hard for busy professionals to find the time to read the latest books. Stay up to date in a fraction of the time with this concise guide. The Power of Now is one of the most influential self-help books of recent years, with several million copies sold to date and translations into 33 languages. It aims to enable readers to break free of the hold their mind has over them and to stop dwelling on the past and worrying about the future. Instead, the book stresses the importance of living in the present and seeking happiness, security and validation within ourselves instead of from external sources, as this is the key to spiritual fulfilment and successful relationships. Eckhart Tolle is a German-born spiritual teacher. In addition to his bestselling books The Power of Now and A New Earth, he regularly gives talks around the world to spread his message. This book review and analysis is perfect for:

- Anyone who wants to learn how to live in the present
- People who find themselves feeling overwhelmed by mental chatter
- People looking for a concise summary of some of the core teachings of the world's main religions

About 50MINUTES.COM | BOOK REVIEW The Book Review series from the 50Minutes collection is aimed at anyone who is looking to learn from experts in their field without spending hours reading endless pages of information. Our reviews present a concise summary of the main points of each book, as well as providing context, different perspectives and concrete examples to illustrate the key concepts.

The Power of Now

Quadriplegics do not simply walk again - yet millions watched as Chris Norton took ten nearly impossible steps. With his fiancé e, Emily, supporting at his side, those unbelievable steps

became the start of an extraordinary journey for them both. The Seven Longest Yards tells the unforgettable love story of how Chris and Emily battled unbelievable odds with faithful determination to discover that life's lowest moments can be our greatest gifts. In a moment, Chris went from a talented 18-year-old college football player with a promising future to flat on his back with a broken neck and a 3% chance of ever moving or feeling anything below his neck, much less walking again. The life Chris dreamt of - including his hope for finding love - was shattered. At least, so he thought. Determined to prove the doctors wrong and to find love, Chris pushed himself through grueling, daily workouts until four years later, Chris walked across the stage to receive his college diploma, with Emily's help and the world's astonished applause. Meanwhile, Emily faced her own challenges as she sunk into a deep battle against anxiety and depression. Despite a devoted fiancé, a fulfilling career working with youth, and a strong faith, she couldn't shake the mental darkness that clouded their promising future. Day by day, decision by decision, Chris and Emily committed themselves to taking the extra step, trusting God, and leaning on the help of others. In a story of unforgettable grit and courageous faith, this extraordinary couple's journey led them to ultimately tackle the longest seven yards together - down the wedding aisle and into a new life. And what a new life it has become: as Chris and Emily have adopted five beautiful girls and welcomed seventeen (and counting!) foster children into their home and hearts. From their private struggles to shared blessings, their moving memoir told from both of their unique perspectives is your stirring invitation to put one foot in front of the other, especially in the face of the impossible. You might just find, as they have, that God can transform our lowest points into life's greatest gifts.

The Happiness Equation

The author shares the secret of his own self-realization and the philosophy for living in the present he has developed.

The Untethered Soul (EasyRead Super Large 24pt Edition)

Eckhart Tolle is emerging as one of today's most inspiring teachers. In *The Power of Now*, already a word-of-mouth bestseller in Canada, the author describes his transition from despair to self-realization soon after his 29th birthday. Tolle took another ten years to understand this transformation, during which time he evolved a philosophy that has parallels in Buddhism, relaxation techniques, and meditation theory but is also eminently practical. In *The Power of Now* he shows readers how to recognize themselves as the creators of their own pain, and how to have a pain-free existence by living fully in the present. Accessing the deepest self, the true self, can be learned, he says, by freeing ourselves from the conflicting, unreasonable demands of the mind and living present, fully, and intensely, in the Now.

Conscious Evolution

New York Times bestselling author Eckhart Tolle — Learn the transformative power of living in the now Attaining Eckhart Tolle's state of presence: In *Stillness Speaks*, Eckhart Tolle

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illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls “the state of presence,” a living in the ‘now’ that is both intensely inspirational and practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. Stillness Speaks takes the form of 200 individual entries, organized into 10 topic clusters that range from “Beyond the Thinking Mind” to “Suffering and the End of Suffering.” Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read *The Untethered Soul* by Michael Singer, *Buddha’s Brain* by Rick Hanson, or other Eckhart Tolle books such as *The Power of Now*, you will want to own and read *Stillness Speaks*.

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