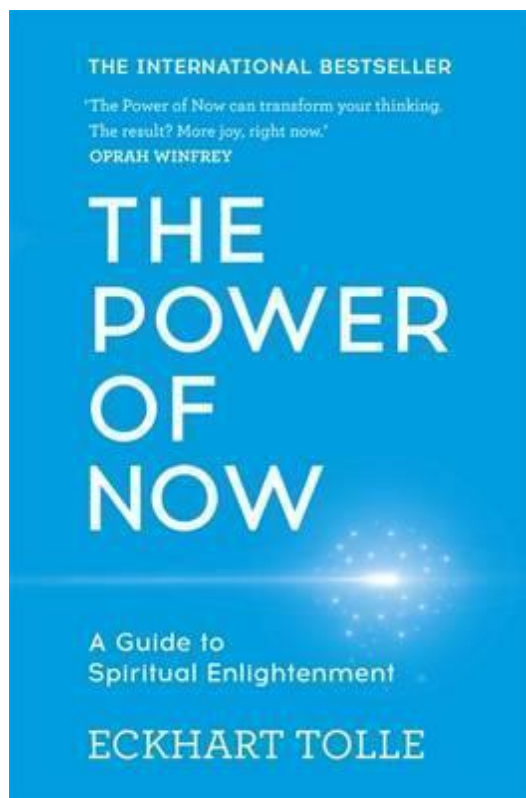


# [PDF Download] The Power of Now: A Guide to Spiritual Enlightenment Full Book



## Information:

**Author:** *Eckhart Tolle*

**Format:** *224 pages*

**Dimensions:** *128 x 196mm*

**Publication date:** *01 Jan 2011*

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## Description:

The phenomenal bestselling self-help book of its generation - for spiritual followers of the Dalai Lama and Deepak Chopra. Eckhart Tolle demonstrates how to live a healthier and happier life by living in the present moment. 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. Although the journey is challenging, Eckhart Tolle offers simple language and a question and answer format to guide us. Surrender to the present moment, where problems do not exist. It is here we find our joy, are able to embrace our true selves and discover that we are already complete and perfect. If we are able to be fully present and take each step in the Now we will be opening ourselves to the transforming experience of THE POWER OF NOW. It's a book to be revisited again and again.

## See also:

## **About Eckhart Tolle**

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. He lives in Vancouver, British Columbia.

## **Review quote**

The POWER OF NOW can transform your thinking. The result? More joy, right now. -- Oprah Winfrey The POWER OF NOW is the bible du jour - a must-read for anyone looking for a modern take on spirituality ... Essential reading for anyone who might be feeling weighed down by the past or fearful of the future. Red magazine Pointing to the portals of the eternal Present, this practical mystic's modern gospel offers transcendent truths that set us free. -- Dan Millman One of the clearest and most accessible texts on becoming more present than we have seen. Kindred Spirit

## **Review Text**

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