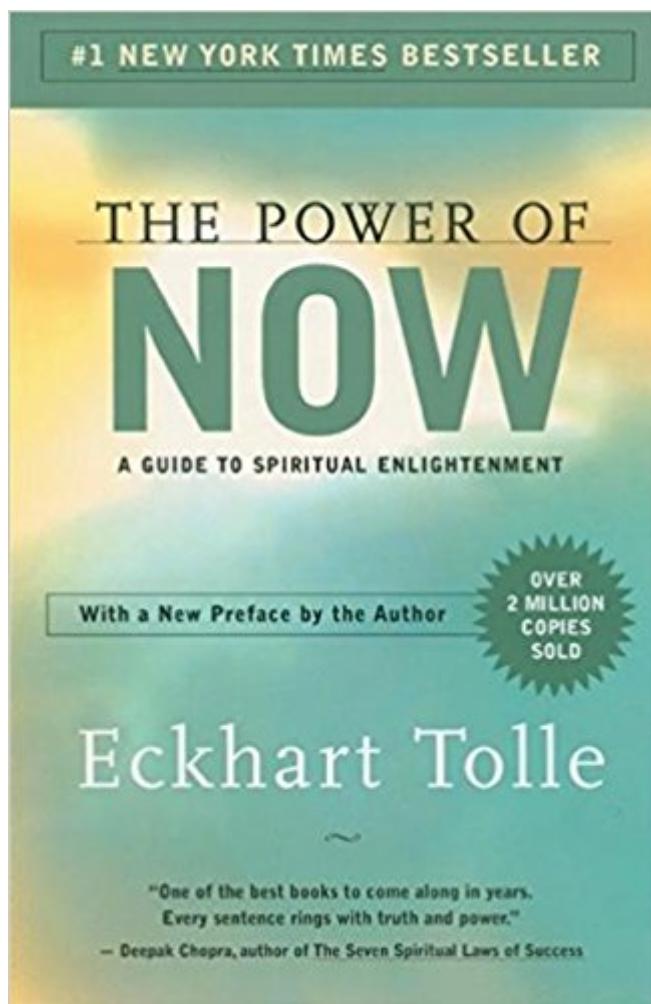


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# The Power Of Now: A Guide To Spiritual Enlightenment



## **Synopsis**

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.

## **Book Information**

Paperback: 236 pages

Publisher: Namaste Publishing (August 19, 2004)

Language: English

ISBN-10: 1577314808

ISBN-13: 978-1577314806

Product Dimensions: 0.5 x 6 x 8.5 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 5,201 customer reviews

Best Sellers Rank: #152 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #7 in Books > Self-Help > Spiritual #9 in Books > Religion & Spirituality > New Age & Spirituality

## **Customer Reviews**

Eckhart Tolle's message is simple: living in the now is the truest path to happiness and enlightenment. And while this message may not seem stunningly original or fresh, Tolle's clear writing, supportive voice, and enthusiasm make this an excellent manual for anyone who's ever wondered what exactly "living in the now" means. Foremost, Tolle is a world-class teacher, able to explain complicated concepts in concrete language. More importantly, within a chapter of reading this book, readers are already holding the world in a different container--more conscious of how thoughts and emotions get in the way of their ability to live in genuine peace and happiness. Tolle

packs a lot of information and inspirational ideas into The Power of Now. (Topics include the source of Chi, enlightened relationships, creative use of the mind, impermanence, and the cycle of life.) Thankfully, he's added markers that symbolize "break time." This is when readers should close the book and mull over what they just read. As a result, The Power of Now reads like the highly acclaimed A Course in Miracles--a spiritual guidebook that has the potential to inspire just as many study groups and change just as many lives for the better. --Gail Hudson --This text refers to the Hardcover edition.

"The Power of Now is one of the best books to come along in years. Every sentence rings with truth and power."

I was feeling suicidal and had been for two years. I was completely done with life, with trying to heal my emotional traumas, limitations and with trying to be a full-functioning adult. I felt trapped inside an endless corridor of meaninglessness and pain. The Saturday morning when I was contemplating really ending it, I heard an inner voice say "one last book, read one last book and if you still want to kill yourself, go ahead." This was my "last book" I read it three months ago and haven't returned to that dark and hopeless place yet. It taught me how to disconnect from the insanity of the mind. I had spent my life reading thousands of books trying to "figure it out" to make my way to a place of happiness and functionality, what Tolle explains that trying to solve the problems of thought from the level of thought is an impossibility. When we let go of mind-consciousness we do not become a meditative vegetable, instead, we gain access to the consciousness of our whole body and a more advanced awareness. I know it sounds weird, but it works. When I can stay present everything I do becomes more effective, and my social skills are way better now than they have ever been. I don't mean to say that this is the be-all and end-all to human growth, but it has in fact saved my life, so I figured it at least deserved a good review. I am no longer helpless in the face of crushing memories and emotions. Thank you, Mr. Tolle.

This was a really amazing book. It literally changed my life. I have been reading a lot of self-development and psychology books and there are similar messages in all of them, including this one. This book just approaches it from a more simplistic "just do it" kind of perspective without all the scientific jargon of how you are rewiring your brain. The end goal here is that amidst the spiritual undertones of the book, what Tolle is really educating people about is self-awareness, which is the cornerstone of growing emotional intelligence. I was reading Daniel Goleman's book,

"Emotional Intelligence" at the same time and the parallels were quite obvious. The additional benefit that Tolle offers is walking through some meditations and affirmations and presenting the information in a way that is like an easy to digest conversation. After I was about halfway through the book, I had a moment of sitting in my car by myself, and had the thought, "I don't have to take this bulls\*\*\* anymore, I am not a victim," and then I laughed for about five minutes and many months later, still feel great about all of the things I was able to let go of.

I was experiencing crippling anxiety, and due to lack of insurance, I was unable to seek help. I was worried about my relationships and jobs suffering due to this, and found myself in constant fear of a breakdown. I found this book and it literally changed my life. Recommend this to anyone. Very thankful for this book.

One of the best books I have read! Very insightful!

I've read a lot of books on meditation/presence/spirituality but I always return to this one when I feel I need a "boost" because it really speaks to me in a way that enlivens my soul!

Possibly the best book I have ever read. I read quite a bit. I was a philosophy minor in college, took graduate level courses, then graduated from law school and worked a bit in politics. Nothing written in established academia compares to this straightforward presentation of simple, yet elusive points. These are concepts known to be true through common sense and insight. This book reads like the "good parts" of my best personal journals, without all the personal toil to get to these points. For me, this book bridged the gap between "faith" and science. Very well done.

I am not exaggerating when saying this, but this book will truly change your life. This should be required reading for everyone. If that was the case, there definitely would be world peace.

This is a book that everyone should read or listen to! It has changed my life already (have not even got to the end yet) If you ever wished there was a way to "shut up those little people" in your head - "WHAT IF" this and that "IF ONLY" this had been different or will be THIS IS THE BOOK! When we are able to control our thoughts and TRULY LIVE IN THE NOW "in this exact moment" there is such PEACE & CALM! I have gone from being - stressed, worried, anxious - on a daily basis to now being able not to think about the past or the future and literally live in this exact moment! I am 100% more

productive and my life is already changing for the better. For those that have a hard time reading or finishing a book audible.com gives you Eckhart Tolle - reading it to you and listening to his voice - it really hits home with his message of living in the NOW! I would definitely say this is a **MUST READ** for everyone and especially anyone who is struggling with their life or bad/negative feelings!

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