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**THE POWER OF NOW**

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**A GUIDE TO SPIRITUAL ENLIGHTENMENT**

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New World Library 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.

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**THE POWER OF NOW**

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**A GUIDE TO SPIRITUAL ENLIGHTENMENT**

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**A Guide To Spiritual Enlightenment - #1 New York Times Bestseller - Over 2 million copies sold - With a new preface by the author 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. The words themselves are the signposts. For many of us there are new discoveries to be made along the way: we are not our mind; we can find our way out of psychological pain; authentic human power is surrendering to the Now. We also find out that the body is actually one of the keys to entry into a state of inner peace, as are the silence and space all around us. Indeed, access is everywhere available. These access points, or portals, can all be used to bring us into the Now, the present moment,**

where problems do not exist. It is here we find our joy and are able to embrace our true selves. Also Available in Hardbound

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## **ONENESS WITH ALL LIFE**

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### **AWAKEN TO A LIFE OF PURPOSE AND PRESENCE WITH THE NUMBER ONE BESTSELLING SPIRITUAL AUTHOR**

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Penguin UK Companion to *A New Earth* which rocketed to New York Times number one when Oprah Winfrey announced it was one of her Book Club Picks. *Oneness with All Life* is a portable collection of the very best inspiring passages from *A New Earth*. Eckhart Tolle has picked the essential phrases - the gems of the book - that he feels are most important to readers. These passages are the uplifting essence of the book - to read, re-read, savour and absorb. As you dip in-and-out of this new edition, you will discover the passages inspire a meditative way of reading, so can be pondered and revisited time and time again.

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## **PRACTICING THE POWER OF NOW**

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### **ESSENTIAL TEACHINGS, MEDITATIONS, AND EXERCISES FROM THE POWER OF NOW**

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New World Library New York Times bestselling author Eckhart Tolle — A key to happiness is living in the now Practice *The Power of Now: If you, like many others, have benefited from the transformative experience of reading *The Power of Now*, you will want to own and read *Practicing the Power of Now*. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world's most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In *The Power of Now* and his subsequent book *Practicing the Power of Now*, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to enlightenment: *Practicing the Power of Now* extracts the essence from Eckhart's teachings in his New York Times bestseller, *The Power of Now* (translated into 33 languages). *Practicing the Power of Now* shows 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 next step in human evolution: Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening involves transcending our ego-based state of consciousness. This is a*

prerequisite not only for personal happiness but also for the ending of violence on our planet. Readers of other transformational self-help books such as *The Four Agreements*, *The Miracle Morning*, *Braving the Wilderness*, and *The Book of Joy* will want to read *Practicing the Power of Now*.

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## **POWER OF NOW**

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### **2007 ENGAGEMENT CALENDAR**

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MTV Overground In his number-one bestselling book *The Power of Now*, Eckhart Tolle shares a simple message: living in the now is the truest path to happiness and enlightenment. Oprah picked *The Power of Now* as her holiday gift for the 2002-3 season. The book has been a bestseller since 1997. When it was first released, it spent more than 20 weeks on the New York Times bestseller list, including two at number one.

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### **TNT: THE POWER WITHIN YOU**

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Simon and Schuster *TNT The Power Within you* teaches you how to release the forces inside you and get what you want!

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### **ECKHART TOLLE'S FINDHORN RETREAT**

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### **STILLNESS AMIDST THE WORLD**

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New World Library 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*.

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### **THE POWER OF NOW**

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### **A GUIDE TO SPIRITUAL ENLIGHTENMENT**

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

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### **THE POWER OF NOW JOURNAL**

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New World Library 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.

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### **THE POWER OF NO**

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Hay House, Inc "No" is sometimes the hardest word to say. It's also the most necessary. How many times have you heard yourself saying yes to the wrong things—overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that

power—and shows that a well-placed No can not only save you time and trouble, it can save your life. Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say no: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. It's one thing to say no, the authors explain. It's another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, you'll be freed to say a truly powerful "Yes" in your life—one that opens the door to opportunities, abundance, and love.

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## **LETTING GO OF NOTHING**

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### **RELAX YOUR MIND AND DISCOVER THE WONDER OF YOUR TRUE NATURE**

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[New World Library](#) **A practical and empowering approach to the age-old quest to let go of the thoughts and feelings that block happiness, impede change, and hinder self-acceptance** Anyone who has dipped a toe into any of the world's spiritual traditions knows that letting go and letting be are key. But how? In this fresh, frank, and powerful guide, Peter Russell allows readers to see that the things we get hung up on are generally not tangible problems in the present, but are instead thoughts, feelings, interpretations, beliefs, or expectations we have about them. These are not actual things; they exist only in our minds. And we can strip these "no-things" of their power and let them go by making a simple change of mind. Russell boils this letting go down to remarkably easy methods of accepting, acknowledging, recognizing, and even befriending what we tend to run from. This paradoxical practice generates peace of mind, fresh perspectives, and wisdom in action. In turbulent times like ours, this is a true power, one available to us all.

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## **A NEW EARTH**

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### **THE LIFE-CHANGING FOLLOW UP TO THE POWER OF NOW. 'AN OTHERWORLDLY GENIUS' CHRIS EVANS' BBC RADIO 2 BREAKFAST SHOW**

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[Penguin UK](#) **'An otherworldly genius' Chris Evans' BBC Radio 2 Breakfast Show** This is the follow up to the bestselling self-help book of its generation *The Power of Now*. Eckhart Tolle's *A New Earth* will be a cornerstone for personal spirituality and self-improvement for years to come, leading readers to new levels of consciousness and inner peace. Taking off from the introspective work *The Power of Now*, which is a number one bestseller and has sold millions of copies worldwide, Tolle

provides the spiritual framework for people to move beyond themselves in order to make this world a better, more spiritually evolved place to live. Shattering modern ideas of ego and entitlement, self and society, Tolle lifts the veil of fear that has hung over humanity during this new millennium, and shines an illuminating light that leads to happiness and health that every reader can follow. 'A wake-up call for the entire planet . . . [A New Earth] helps us to stop creating our own suffering and obsessing over the past and what the future might be, and to put ourselves in the now' Oprah Winfrey

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## **A NEW EARTH**

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### **AWAKENING TO YOUR LIFE'S PURPOSE**

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Penguin 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.

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### **SUMMARY OF “ATOMIC HABITS” BY JAMES CLEAR - FREE BOOK BY QUICKREAD.COM**

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QuickRead.com Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn about the easy and proven way to build good habits and break the bad ones. What’s a habit? If someone were to ask you about your daily habits, you might need some time to think about them. That’s because a habit, by definition, is an act that you perform automatically by instinct. Like when you walk into a dark room, you instinctively turn on a light switch, right? Habits are actions you don’t even have to think about, which is why you might not realize how a small daily action can have a powerful effect on your life. If you’re saving a dollar a day or smoking a cigarette a day, these actions may not seem like much now, but twenty years from now, those habits can either make you rich or, unfortunately, kill you. That’s why it’s important to understand how habits are formed, so you can learn how to kick the bad habits, implement the healthy ones, and take back control of your life.

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## **SUMMARY OF THE POWER OF NOW**

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### **A GUIDE TO SPIRITUAL ENLIGHTENMENT BY ECKHART TOLLE**

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Createspace Independent Publishing Platform **Get your CompanionReads 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](http://www.companionreads.com/gift)**

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### **MILTON'S SECRET**

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#### **AN ADVENTURE OF DISCOVERY THROUGH THEN, WHEN, AND THE POWER OF NOW**

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Hampton Roads Publishing **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.**

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### **SPEAKING OF FAITH**

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#### **WHY RELIGION MATTERS--AND HOW TO TALK ABOUT IT**

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Penguin **A thought-provoking, original appraisal of the meaning of religion**

by the host of public radio's *On Being* Krista Tippett, widely becoming known as the Bill Moyers of radio, is one of the country's most intelligent and insightful commentators on religion, ethics, and the human spirit. With this book, she draws on her own life story and her intimate conversations with both ordinary and famous figures, including Elie Wiesel, Karen Armstrong, and Thich Nhat Hanh, to explore complex subjects like science, love, virtue, and violence within the context of spirituality and everyday life. Her way of speaking about the mysteries of life--and of listening with care to those who endeavor to understand those mysteries--is nothing short of revolutionary.

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## **NO TIME LIKE THE PRESENT**

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## **FINDING FREEDOM, LOVE, AND JOY RIGHT WHERE YOU ARE**

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Simon and Schuster In this landmark work, internationally beloved teacher of meditation and mindfulness Jack Kornfield reveals that you can be happy now, this minute, with the keys to inner freedom. In his first major book in several years, the inspiring author of the classic *A Path with Heart*, Jack Kornfield, invites us into a new awareness. Through his signature warmhearted, poignant, often funny stories, with their Aha moments and O. Henry-like outcomes, Jack shows how we get stuck and how we can free ourselves, wherever we are and whatever our circumstances. Renowned for his mindfulness practices and meditations, Jack provides these keys for opening gateways to immediate shifts in perspective and clarity of vision, allowing us to see how to change course, take action, or—when we shouldn't act—just relax and trust. Each chapter presents a path to a different kind of freedom—freedom from fear, freedom to start over, to love, to be yourself, and to be happy—and guides you into an active process that engages your mind, heart, and spirit, awakens your spirit, and brings real joy, over and over again. Drawing from his own life as a son, brother, father, and partner, and on his forty years of face-to-face teaching of thousands of people across the country, Jack presents a stirring call to be here, in the power of the now, the present, as we work through life's passages. His keys to life will help us find hope, clarity, relief from past disappointments and guilt, and the courage to go forward.

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## **STILLNESS SPEAKS**

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## **EASYREAD SUPER LARGE 18PT EDITION**

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[Read How You Want.Com](http://ReadHowYouWant.Com)

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## **THE SECRET FOR TEENS REVEALED**

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## **HOW PARENTS, TEACHERS, AND TEENAGERS CAN INSPIRE LEADERSHIP AND TRANSFORM LIVES**

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Wheatmark, Inc. When we look at people who have achieved great things, we

often believe that they are more talented than the rest of us, or luckier, or more well-connected. But the only thing that separates the successful from everybody else is that they have learned how to bridge the gap between setting goals and achieving them. They have developed ways of behaving and -- more importantly -- ways of "thinking" that enable them to get what they want. The good news is, it's possible for anyone to learn these techniques. As a parent or teacher you can sharpen your own skills . . . then pass them along to the teens in your lives. Imagine implementing the concepts that "Secret teachers" and others are using to motivate thousands of adults and teens worldwide. Imagine improved relationships, increased self-esteem, and a direct path to your dreams. Imagine working with your children or students to help them get better grades, improve their results in sports, and pave a clear path to a brilliant future. Instead of imagining, start right now!

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### **AWAKENING TO THE SPIRIT WITHIN: EIGHT PATHS**

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AuthorHouse The premise of *Awakening to the Spirit Within* is that all beings are connected by a spiritual energy which forms the essence of who they truly are. Eight paths, which facilitate an awakening to this essence, are explored: Native American Spirituality, Taoism, Hinduism, Buddhism, Kabbalah, Jesus and the Christ Within, Sufism, and The New Thought Movement. Practice exercises and references are also included. This book highlights some of the unique gifts which various spiritual traditions have to offer our world. In addition, it explores the mystical threads of connection which underlie them. Like the title suggests, it also gives ways of listening to guidance from within. The author includes messages from her own inner guidance in an effort to illustrate how this may occur. Her openness provides more warmth and intimacy than is usually found in such a book. In these uncertain times, there has been an upsurge of interest in books related to spirituality, religion, and mysticism. People are looking for ways to heal, rather than destroy, our planet. That is why this book, and others like it, are so timely and important in moving us closer to our shared goal of creating a more peaceful and harmonious world.

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### **PRACTISING THE POWER OF NOW**

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### **ESSENTIAL TEACHINGS, MEDITATIONS AND EXERCISES FROM THE POWER OF NOW**

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Mobius 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.

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## **THE POWER OF NOW**

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### **50 INSPIRATION CARDS**

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New World Library For admirers of *The Power of Now*, Eckhart Tolle's wisdom now comes in a highly accessible form ? an elegant boxed set of color cards. Each inspirational card expresses a quotation from the book on one side and art on the other to aid busy people with their daily meditations. Topics covered include discovering portals to the now, rising above thought, transforming suffering into peace, and creating enlightened relationships.

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## **BACK IN CONTROL**

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### **HOW TO STAY SANE, PRODUCTIVE, AND INSPIRED IN YOUR CAREER TRANSITION**

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Sentient Publications With over fifteen years of experience Diane Wilson shows that you can manage the mental and emotional underpinnings of transition to your benefit. She puts you back in control with actions that increase emotional balance, confidence, intuition, energy, and productivity. After reading this book, you'll view transition as an opportunity instead of a formidable chore.

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## **UNDERSTANDING ECKHART TOLLE**

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### **THE POWER OF LIVING IN THE NOW**

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Createspace Independent Publishing Platform **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**

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## **SUMMARY OF "UNLIMITED MEMORY" BY KEVIN HORSLEY - FREE BOOK BY QUICKREAD.COM**

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[QuickRead.com](https://www.QuickRead.com) Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn how to use advanced learning strategies to learn faster, remember more and be more productive. How often do you find yourself trying to remember something you think you should know? You've met that person before, but why can't you remember her name? Maybe you struggle to remember birthdays and other important dates, did you forget your wedding anniversary again this year? It happens to the best of us, luckily, there's a way to never forget anything ever again. Unlimited Memory offers several methods to help you remember information quickly and effectively. These methods will be nothing like you ever learned in school, but they'll teach you how to use your imagination and have fun while learning! So if you're tired of forgetting where you put your keys, then keep reading to find out how to master your memory and put an end to forgetfulness.

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## **MEMOIRS OF NORMALCY**

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## **JOURNEY FROM SEDENTARY TO EXTRAORDINARY**

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[BalboaPress](#) Do I stay? Or do I grow? It's never too late to reinvent yourself. You can start right now, no matter where you are in your life. If you desire to make change and follow your passions, then you've already begun the journey to extraordinary because you're thinking about it right now. Life is yours to play with, to build and mold. There's only one catch: it takes time. But time is all it takes.

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## **HOW I FOUND FREEDOM IN AN UNFREE WORLD**

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## **A HANDBOOK FOR PERSONAL LIBERTY**

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[Liam Works](#)

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## **THE POWER OF NOW: BY ECKHART TOLLE | SUMMARY & ANALYSIS**

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[Elite Summaries](#) In today's society, it is easy to get caught up in the daily drudgery of life and lose touch with your spirituality. Author Eckhart Tolle teaches us how to reignite that flame in his book, The Power of Now: A

**Guide to Spiritual Enlightenment.** Since its publication in 1999, *The Power of Now* has sold over 2 million copies, and it's easy to see why: Eckhart's revolutionary insight into the return to spirituality has changed lives everywhere. p.p1 {margin: 0.0px 0.0px 10.0px 0.0px; text-align: justify; font: 11.0px 'Trebuchet MS'; color: #000000; -webkit-text-stroke: #000000} span.s1 {font-kerning: none} In the first chapter, Tolle presents a simple yet dynamic idea: that you are made up of your spirit and your mind, and they are separate from one another. He goes on to teach us how to free ourselves from the mind and introduces the concept that we are a source of our own pain. Again, a simple enough concept, but it's the groundbreaking revelation many people have found to help them break free from a bleak existence devoid of spirituality. Regardless of religious persuasion, *The Power of Now* is a great book for those who feel a need to return to their spirituality or those who have no background in spirituality and are curious. The book is masterfully written and expertly deconstructs the obstacles that often stand in the way of being a spiritually enlightened person. If you are intrigued by the idea of spirituality or want to return to a more enlightened state of being, pick up a copy of *The Power of Now* and discover how to move into the present.

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## **STILLNESS SPEAKS**

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## **WHISPERS OF NOW**

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Eckhart Tolle's writings on the power of living in the moment have fast become the most sought-after modern classic on spiritual enlightenment. Now, in this new, life-transforming book, Tolle illuminates the fundamental elements of his teachings, as we are invited to contemplate the spiritual truths that come through embracing silence and stillness. **STILLNESS SPEAKS** is a collection of 200 concise and beautifully illuminating entries, arranged into twelve reflective themes. Each entry can stand as its own teaching or may be read as part of the fluid sequence of its theme. In their totality, the entries provide a road map out of human suffering. When we are no longer limited by our thinking mind, suffering and pain disappear and we are able to move towards a fuller understanding of our relationships, of nature, and of the profound wisdom that is to be found in stillness.

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## **THE HEALING POWER OF MEDITATION**

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## **YOUR PRESCRIPTION FOR GETTING WELL AND STAYING WELL WITH MEDITATION**

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Basic Health Publications, Inc. **Describes how meditation can help patients recover from a variety of illnesses.**

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## **CREATIVE VISUALIZATION**

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### **USE THE POWER OF YOUR IMAGINATION TO CREATE WHAT YOU WANT IN YOUR LIFE**

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[New World Library](#) **Creative Visualization** is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published. The classic guide is filled with meditations, exercises, and techniques that can help you use the power of your imagination to create what you want in your life, change negative habit patterns, improve self-esteem, reach career goals, increase prosperity, develop creativity, increase vitality, improve your health, experience deep relaxation, and much more. This book can help you to increase your personal mastery of life.

### **INNOCENCE REMEMBERED, A PATH TO PERSONAL AND GLOBAL HEALING**

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[Lulu.com](#) **INNOCENCE REMEMBERED** takes you on a journey through the mysteries of human nature and discusses the key aspects of good health and healing. The main objective is to point out how beliefs of right and wrong, and guilt and innocence, affect our everyday lives on a personal, as well as on a global level. After completing this journey you will understand why we continue to create dis-ease and suffering, and how we can change course. You will feel more compassionate with yourself and others, have more trust in the benevolence of the universal forces, and create your experiences from a heightened sense of peace. **INNOCENCE REMEMBERED** is filled with invaluable information for anyone who is interested in personal healing, spiritual growth, ecological and economical balance, and global peace.

### **STRICTLY INSPIRATIONAL**

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#### **HOW I LEARNT TO DREAM, ACT, BELIEVE AND SUCCEED**

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[Duncan Baird Publishers](#) In this candid autobiography, former professional dancer and **Strictly Come Dancing** winner **Camilla Sacre-Dallerup**, shares the practical, motivational techniques she has used both personally and professionally to achieve success and happiness. Camilla found fame and heartbreak as a dancer on **Strictly Come Dancing**, winning her way into British hearts as one of the original cast of professional dancers on the BBC programme, and which culminated in winning the coveted **Strictly** trophy with actor Tom Chambers. In 2004, **Strictly Come Dancing** launched and was an instant phenomenon, with millions of viewers tuning in weekly. Its

success changed Camilla's life. That same year, while she struggled to adjust to her newfound fame, Dallerup's relationship with her dance partner and fiancé Brendan Cole turned sour very publicly. Now, ten years after first appearing on our screens, Dallerup has made a new name for herself as a motivational speaker and life coach. In *Strictly Inspirational* Camilla speaks frankly and honestly about the relentless hard work, the subsequent burnout, and the process of finding love again with her husband and Hollyoaks actor Kevin Sacre. Camilla believes all of these experiences have strengthened her desire and determination, and have ultimately helped her to make her dreams a reality. Camilla hopes her words of inspiration can be used by anyone to help them achieve their dreams.

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### **CHANGE YOUR THOUGHTS-CHANGE YOUR LIFE (EASYREAD LARGE EDITION)**

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[ReadHowYouWant.com](http://ReadHowYouWant.com) Dyer has reviewed hundreds of translations of the Tao Te Ching and presents 81 distinct essays on how to apply the ancient wisdom of Lao-tzu to today's modern world.

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### **LASTING TRANSFORMATION**

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### **A GUIDE TO NAVIGATING LIFE'S JOURNEY**

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[BalboaPress](http://BalboaPress) **LASTING Transformation** takes you on a journey to experience the process of transformation, which can result in powerful, positive change. Life's journey provides us with many opportunities for self-knowledge, self-love, and deep personal transformation. The road map outlined in **LASTING Transformation** gives specific guidance for this journey. It offers important insights and effective strategies for developing a strong self, fulfilling relationships, and deep soul-wisdom. Dr. Abby Rosen shares the experience of her thirty-nine-year pilgrimage integrating psychotherapy and spirituality. Each chapter includes real client experiences that show the process of behavioral change and lasting transformation, humorous cartoons, and practical exercises that together provide a road map to help you navigate the sacred journey of your life.

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### **THE WIM HOF METHOD**

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### **ACTIVATE YOUR POTENTIAL, TRANSCEND YOUR LIMITS**

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[Random House](http://Random House) **STAR OF BBC ONE'S FREEZE THE FEAR** 'I've never felt so alive' **JOE WICKS** 'A fascinating look at Wim's incredible life and method' **FEARNE COTTON** My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness

three key elements of Cold, Breathing and Mindset to take ownership over your own mind and wellbeing. 'The book will change your life' BEN FOGLE  
 'Wim is a legend of the power ice has to heal and empower' BEAR GRILLS

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## **THE INSPIRED ORGANIZATION**

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### **SPIRITUALITY AND ENERGY AT WORK**

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Trafford Publishing "Deeply authentic and straight from the soul, **The Inspired Organization: Spirituality and Energy at Work** combines heart and wisdom with practical, useable ideas. It opens enormous possibilities for a new way of being at work." Martin Rutte - Co-author, *Chicken Soup for the Soul at Work Today*, many may ask, "What is my work and what am I building through my labours?" There are few more critical development needs in the modern world than aligning the two and few more useful starting points than Ellen Hayakawa's book." Dr. Peter Senge - Author of *The Fifth Discipline* **The Inspired Organization: Spirituality and Energy at Work** is the ultimate guide to building a rich spiritual relationship with your everyday world of work. It is an exciting, valuable tool to bring forth the richness of your Spirit and to create a meaningful life by expressing your passion, gifts and talents in your work. Thought-provoking text, examples and useful exercises help you to discover and live your personal vision of work as well as the co-creative vision of any team or organization that you are a part of. **The Inspired Organization** has the potential to change your life. It opens the door to a peaceful, sustainable future for all. Whether you are an executive or an entrepreneur, whether you work at home or in a business, government or institution, you can apply the creative and practical ideas presented in this book to express your spirituality and energy at work.

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### **CHANGE HOW YOU SEE, NOT HOW YOU LOOK**

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### **POWER TOOLS FOR CELEBRATING YOUR BODY**

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Trafford Publishing **CELEBRATION: That's the goal. To find ourselves respecting, rejoicing and praising our bodies in all their glory, no matter what size, shape, age or ability we are blessed to be. This requires lightness and depth, inside and outside joy, a longing to know and accept ourselves just as we are, and a belief that all we have to do is remember that we are worthy of love and capable of giving it unconditionally to ourselves. This book is offered as a guide to that journey. This process is not about figuring out why we look the way we do. There are no strategies here for dieting or for how to manage our emotions so we don't eat or insinuations that being fat is about not loving ourselves. Emotional issues can sometimes lead to excess fat (meaning above your natural weight) and many of us use food as a drug. But being shamed and feeling guilty only compounds those issues. In most cases, being fat is just another way to be. This process is about changing the way we see, not the way we look. Once our self-view changes, the issues regarding our emotional relationship with**

food will naturally adjust to their healthiest place, because self-care will no longer require will power. Self-care only requires self-love. Scientists say that if 11 per cent of a society's members change their mind, there will be a cultural shift. Eleven per cent is very attainable. But it must begin inside each one of us, something I will be repeating throughout the book. Your mind must change; your energy in the world must shift; your inner light must shine. Then, and only then, can you hope to have any influence on the larger reality. But, first things first. This is a book about choices and the tools to help you make the ones best suited to you. There is no reason that you can't love yourself no matter what you look like and make choices only as they suit your own higher purpose. It is from this center of self-loving energy that you will manifest your true self in the Universe. Finally, it is important to understand that this book is not about big bodies being better than small bodies. It is about small bodies not being better than big bodies. It is about no bodies being better than any other bodies. And though the emphasis may seem to be on size, please be assured that no matter what issues you have about your appearance, whether it be weight, age, facial hair, baldness, or bowed legs, this book can help you see through different eyes and find your true inner vision. *Change How You See, Not How You Look* provides Power Tools at the end of every chapter...little hints, affirmations, rituals, ways of helping you deal with the culture, the media, belief systems, relationships, spirituality, the body/mind/spirit split, and healing. There are tools to deconstruct what you believe about women in general and about yourself in particular, and tools to help you rebuild, remember, and restore the integrity and inherent beauty of your body and your spirit so you can begin joyfully celebrating every part of your being.

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### **THE 10X RULE BY GRANT CARDONE (SUMMARY)**

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[QuickRead.com](https://www.QuickRead.com) Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn the differences between success and failure in this easy-to-follow guide laid out by top business guru, Grant Cardone. When it comes to success, people often believe that success just isn't for them. They read the inspiring quotes, the cute mottos, they even know what they have to do, but it never seems to work out. Luckily, Grant Cardone has spent decades creating a formula for success that works. With experience as a top sales trainer and business owner, Cardone lays out his exact tips for achieving even the craziest dreams. With the 10X Rule, you'll learn what it takes to find success and how one simple rule can help you achieve goals that once seemed impossible. The 10X rule can be applied to any area of life, and as you read you'll learn key information, including how settling for an average life is dangerous, how becoming obsessed is a good thing, and why success requires a childlike mindset.