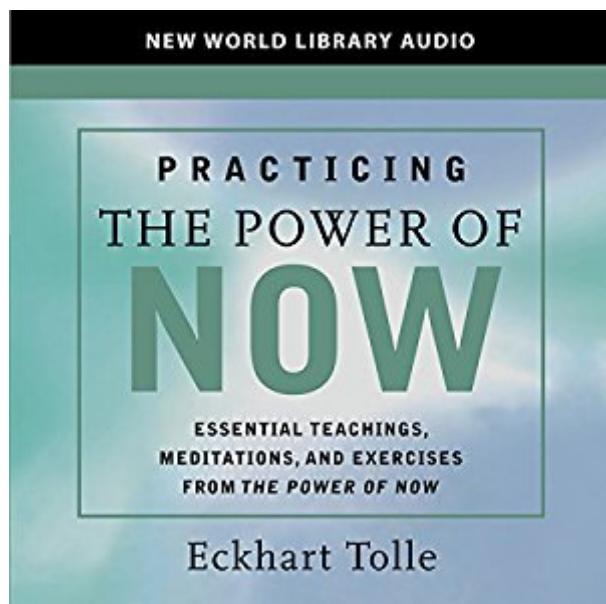


The book was found

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



Synopsis

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

Book Information

Audible Audio Edition

Listening Length: 2 hoursÂ andÂ 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: New World Library

Audible.com Release Date: April 11, 2003

Language: English

ASIN: B000096BDG

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

Customer Reviews

I feel like I've been asleep my entire life.. And just now woke up. Clarity. I understand things I didn't think I would until death gave me the answers.

I have purchased this little book over and over to send to friends and family thru the years! Everything in it is relevant for those of us wanting to live a more empowered and in the moment life and mindset. It has helped me tremendously as I have had the tendency to "worry" about things and people, constantly analyzing what I can do to "help". For many years I rarely lived in the NOW as a result of my projections of fear into the future. I missed a lot of precious NOW moments in those days. That aspect has now diminished greatly and the instruction in this wonderful book has had a lot to do with that! I read it almost daily to keep myself on track! I am much more at peace, relaxed and trusting of the process in all things with greater ease! I like that "easy button" I now use in my mind. Thank you Eckhart Tolle for sharing your insight and wisdom with the world. You are helping all of us who want greater peace to become gentler souls on the planet. You are here and we are better off for it!Kelli in Sedona, AZ

Love this 150 page book. A lot of good tips to STAY IN THE NOW!

A great follow up to The Power of Now. After reading the Power of Now a few times (and Eckhart's other books), I found this to be a good review of the philosophy.

I give this a thumbs up for empowerment for your life and a deeper understanding of the mind over matter of the human body. Very encouraging teaching at a different way to understand yourself.

Love his books.. his voice is difficult to get through. Might have to go back to reading.

Great way to spend your commute - if you have read the book (or even if you haven't), it is a peaceful way to be reminding of the power of now and being mindful

Highly recommend. Well written and easy to grasp concepts. A book you can return to again and again. Thank you

[Download to continue reading...](#)

Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from The Power of Now
Practicing the Power of Now: Teachings, Meditations, and Exercises from the Power of Now
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)
Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1)
Meditation in 7 Easy Steps (7 Easy Lessons & Exercises For Beginners!): Understanding the Teachings of Eckhart Tolle, Dalai Lama, Krishnamurti, Maharishi ... Yogi and more! (The Secret of Now Book 5)
How to Remember Names and Faces: Master the Art of Memorizing Anyone's Name by Practicing w Over 500 Memory Training Exercises of People's Faces | Improve ... & Communication Personal Social Skills
Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire
Finding Faith in Difficult Times: Teachings and Meditations for Trusting the Energy of the Divine (Inner Vision Series)
Giving Thanks: Teachings and Meditations for Cultivating a Gratitude-Filled Heart (Inner Vision (Sounds True))
A Mystical Haggadah: Passover Meditations, Teachings, and Tales Why I reject Jehovah Witness teachings
Checking out the basic history and teachings: From an Evangelical perspective
The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha)
Day by Day: Daily Meditations for Recovering Addicts

(Hazelden Meditations) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations)
Tending Dandelions: Honest Meditations for Mothers with Addicted Children (Hazelden Meditations)
The Promise of a New Day: A Book of Daily Meditations (Hazelden Meditations) The Episcopal
Way: Churchâ™s Teachings for a Changing World Series: Volume 1 (Church Teachings for
Changing the World) ChÃ¶d: The Sacred Teachings on Severance: Essential Teachings of the
Eight Practice Lineages of Tibet, Volume 14 (The Treasury of Precious Instructions) Yoga for
Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More
Resilient Children Qigong Meditations: Taoist Inner Healing Exercises with Ken Cohen

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)