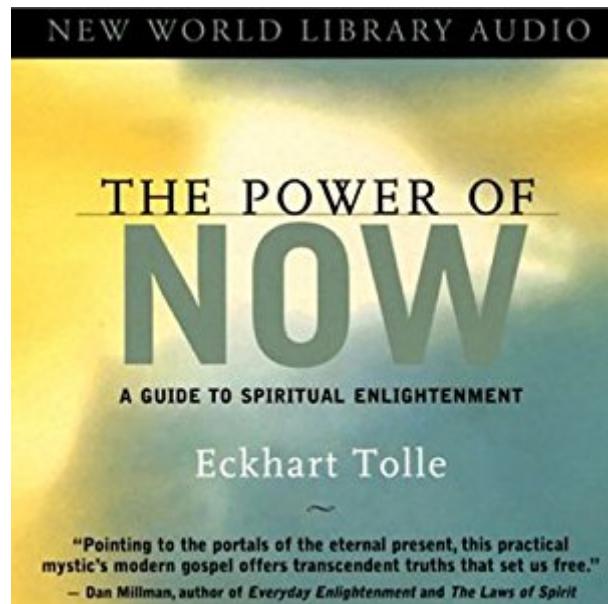


The book was found

# The Power Of Now



## **Synopsis**

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. --This text refers to the Hardcover edition.

## **Book Information**

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## **Customer Reviews**

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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