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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. What if Life Wasn't About 50 Years of Wage-Slavery, Paying Bills and then Dying? Tired of sleepwalking through a mediocre life bribed by mindless video-gaming, redemptive weekends, and a scant paycheck from a soul-suffocating job? Welcome to the SCRIPTED club—where membership is neither perceived or consented. The fact is, ever since you've been old enough to sit obediently in a classroom, you have been culturally engineered for servitude, unwittingly enslaved into a Machiavellian system where illusionary rules go unchallenged, sanctified traditions go unquestioned, and lifelong dreams go unfulfilled. As a result, your life is hijacked and marginalised into debt, despair, and dependence. Life's death sentence becomes the daily curse of the trivial and mundane. Fun fades. Dreams die. Don't let life's consolation prize become a car and a weekend. Recapture what is yours and make a revolutionary repossession of life-and-liberty through the pursuit of entrepreneurship. A paradigm shift isn't needed—the damn paradigm needs to be thrown-out altogether. The truth is, if you blindly follow conventional wisdom pushed by conventional people living conventional lives, can you expect to be anything but conventional? Rewrite life's script: ditch the job, give Wall Street the bird, and escape the insanity of trading your life away for a paycheck and an elderly promise called retirement. UNSCRIPT today and start leading life— instead of life leading you. Publisher's note Does Eckhart Tolle, well-known author of The Power of Now and personal development writer, present us with some kind of liberating spirituality, free from any ideology? Lucia Canovi shows us that the reality is not quite so simple. In the maze of 'Tollian' concepts (ego, Being, mind...) points of convergence are exposed, along with distortions, contradictions and a hidden coherence, which lead Tolle's disciples unwittingly towards a dumbed down state of inertia: the happiness of a contented fool. This salutary book, refreshing and humorous, will be enjoyed by those who are trying to make logical sense of the doctrines of enlightened spiritual gurus, Tolle being one of them, and will interest anyone looking for inner peace... a peace that Tolle is trying to sell at too high a price. Extract. "It is as a former devout follower of Eckhart Tolle that I am warning you: his spiritual teachings are not a well of infinite wisdom. Or at least, if they are a well, they are not the sort of well which will quench your thirst, but merely the kind of well you drown in. Moreover, neither are they the road to enlightenment. At least, if they are the road to enlightenment, this enlightenment does not in any way resemble the rosy view we have of it. As far as I am concerned, I would rather not go there. On reading this book, you will not only get to see Tolle's work, but also what you might more generally refer to as his "spirituality", in a new light - a rational and discursive light. Instead of letting yourself be led along by undefined emotions and confused feelings, as Tolle encourages you to do, you will start to listen to your own inner voice of reason. After that, you are welcome to choose whichever view you find more convincing: either one where Tolle is a "spiritual master" of the highest level, or one where Tolle is the very crafty author of a rather toxic best-seller. What is crucial is that you get to see both sides of the coin; that you hold enough cards to make up your own mind; in short, that you can get to see the positives and negatives. I use the word "crucial", because becoming a disciple of Eckhart Tolle is a decision which will bring in its wake a whole host of consequences, as we are just about to discover..." Many of us think that spiritual awakening is out of the ordinary - an extremely rare state that is practically impossible to attain, unless you're prepared to become a hermit and spend decades in solitude and silence. However, after researching mystical experiences and interviewing people who claim to have had them, psychologist Steve Taylor found that spiritual awakening is far from uncommon. It doesn't just happen to Eastern sages but to seemingly ordinary people in all walks of life - people with conventional jobs, ordinary lives and even those with no background in spiritual traditions or practices. In this book, Taylor explores the different ways in which spiritual awakening can occur and the reasons why it occurs. He uncovers: - The triggers or causes of awakening - The different types of wakefulness: natural, gradual and sudden - What actually happens inside a person's being or psyche when they experience awakening - How awakened people experience the world, and how their relationships, values and goals are different - The difference between fraudulent spiritual teachers and the genuinely awakened This book will be of real benefit to those who are either already undergoing the awakening process or who have reached a point of readiness, perhaps as a result of deep turmoil in their lives. Readers may even discover that they have already had awakening experiences without realizing it, or that they have been going through a gradual awakening for some time without recognizing it for what it is. In today's society, it is easy to get caught up in the daily droll 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. This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us. 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. 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. Are you living life to your fullest potential, or are you just existing? What is holding you back? We are constantly being tested by people, situations, conditions, and even our own thoughts. We must stay positive and strong and have faith in order to overcome

adversities. In Break Free From Your Reins, author Deborah M. Parise helps you learn more about who you are and how to be happy with yourself and love life. Break Free From Your Reins encourages you to actually break free from your mind-conditioned patterns and beliefs. It provides guidance on the basic fundamentals of life touching on subjects many of us have questioned by discussing:

- Connecting with the source
- Understanding your mind
- Living with your emotions
- Controlling your behavior
- Overcoming peer pressure
- Accepting the flow of life
- Changing for the better
- Promoting good health
- Maintaining relationships
- Interacting with others
- Simplifying your life
- Aligning with God
- Staying in the moment

With popular, inspirational quotes included, this motivational guide will empower you to become the person you are meant to be. You will learn about the real you and what you can do to live a more gratifying and fulfilling lifestyle. This is a summary of Eckhart Tolle's The power of now : a guide to spiritual enlightenment. 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. Eckhart Tolle has, in recent years, become one of the most important spiritual teachers of the world and has impacted the lives of millions of people. His teaching, as he explains, is really not new. In fact, it is ancient Eastern teachings, So if the teaching has already been widely available, why has Tolle become a current days guru with so many passionate followers? The reason for this is his simple and understandable way of conveying the teaching, in addition to his personal transformation story, which is inspiring the readers to pursue their own transformation and awakening. Gradually, Tolle has become a household-name, and everyone should have an elementary knowledge of his key teachings, which is, in effect, the same central teaching in the ancient traditions he has drawn on. In the continuation, when speaking of Tolle's teachings, I am therefore in reality talking about The Teaching, which is universal and with no ownership. It should be added, this is a personal interpretation and understanding of the teaching. All readers are encouraged to seek up the original works. However, as many people do not have time to enter into and understand the original texts, this book is an effort to convey, in a very simplified way, some of these key teachings from the ancient masters. In the description, I have also drawn on a few personal experiences, where this is assessed relevant for explaining the teaching. Eckhart Tolle (FREE BONUS INCLUDED) 24 Powerful Lessons And Insights From Eckhart Tolle Eckhart Tolle is a complex man with wonderful lessons to share with the world. Not only was he inspired by a higher power, he has been inspirational for so many different people from all walks of life. From some of the biggest stars of Hollywood to everyday soccer moms to CEOs of multimillion dollar corporations. Within the following pages, you will find lessons from one of the most revered men in this day and age. Here, you will find his lessons on: How to live in and be more present How to live your life to the fullest while staying on the right path How to be aware of the world around you How to be positive and the effects of negativity How to live spiritually This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us. How many of us are aware of that inner calling that tells us that there is much greater meaning, potential and beauty in this world than what society has taught us to believe? We continually ask ourselves those age-old questions: Who am I? What is my purpose? What is the meaning of life?; And most importantly what is the secret to eternal happiness?. The journey to find these answers became a personal quest to find meaning, purpose and happiness within my own life and I share my knowledge within the pages of this book. A #1 New York Times bestseller. An international phenomenon. A spiritual masterpiece. 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. Learn how to let go of self-recrimination and criticism with the expert guidance of Eckhart Tolle. \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will discover how the ego manifests itself in your life, in order to get rid of its influence. You will also discover : that a conscious presence lives inside you; the various tricks that the ego uses to thrive; that becoming aware of the influence of your ego allows you to free yourself from it; how the present moment allows you to reconnect with your inner self; how to discover your deeper reason for being. At the present time, humanity is in a critical situation close to insanity. Indeed, the state of mind of the majority of humans is dominated by the ego, which acts as a filter on events. It then gives a negative, and therefore harmful, interpretation of events. Consequently, it is urgent to make a change for the survival of the world. To do this, you must bring about a spiritual awakening within yourself. This awakening lies in the recognition of your non-awakened "self", the ego and the ploys it puts in place for its survival. It is this recognition that will give rise to the advent of a new consciousness and a new Earth! \*Buy now the summary of this book for the modest price of a cup of coffee! This indispensable guide takes students through each step of the essay writing process, enabling them to tackle written assignments with confidence. Students will develop their ability to analyse complex concepts, evaluate and critically engage with arguments, communicate their ideas clearly and concisely and generate more ideas of their own. Chapters are short and succinct and cover topics such as reading purposefully, note-taking, essay writing in exams and avoiding plagiarism. Packed with practical activities and handy hints which students can apply to their own writing, this is an ideal resource for students looking to improve the quality and clarity of their academic writing. This book will be a source of guidance and inspiration for students of all disciplines and levels who need to write essays as part of their course. New to this Edition: - Brand new chapters on topics such as learning from feedback, finding your voice and using the right vocabulary - Expanded companion website featuring videos, interactive exercises, sample essays and lecturer resources - Exclusive web-only chapter on improving your memory ABOUT THE BOOK The same faith of intuition that guides Eckhart Tolle helps him guide others. As he was living on savings and winnings from a lottery ticket, he managed to complete A New Earth which became wildly popular in 2000 after Oprah gave her stamp of approval. The book's wide influence made Tolle a catalyst for the global rise in consciousness, and so he followed it up in 2005 with A New Earth. Tolle claims that this book's main purpose is not to add new information or beliefs to your mind or to try to convince you of anything but to bring about a shift in consciousness; that is to say to awaken. \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. \*As you read this summary, you will discover that it is possible to be permanently happy by living fully in the present moment. \*You will also learn to : use your mind and free yourself from it; find keys to living in the present; to stop suffering needlessly; improve your relationships with others; let go. \*At the age of 29, Eckhart Tolle's experience was so intense that it radically changed the course of his life and allowed him to come out of a long depression: it was the beginning of an inner journey that led him to become a spiritual guide. In The Power of the Present Moment, he recounts his experiences and gives advice to the reader. He tries to help the reader to get rid of troublesome thoughts, to free himself from his mind and to be happy. \*Tolle warns his readers: he uses words such as "Being", "presence" and "enlightenment". These words are points of reference, means of explaining a reality. If the reader finds them unclear, he is invited to replace them with others or to continue reading without worrying about them: he will find the answers to his questions as the text progresses. \*Buy now the summary of this book for the modest price of a cup of coffee! It can be hard for busy professionals to find the time to read the latest books. Stay up to date in a fraction of the time with this concise guide. The Power of Now is one of the most influential self-help books of recent years, with several million copies sold to date and translations into 33 languages. It aims to enable readers to break free of the hold their mind has over them and to stop dwelling on the past and worrying about the future. Instead, the book stresses the importance of living in the present and seeking happiness, security and validation within ourselves instead of from external sources, as this is the key to spiritual fulfilment and successful relationships. Eckhart Tolle is a German-born spiritual teacher. In addition to his bestselling books The Power of Now and A New Earth, he regularly gives talks around the world to spread his message. This book review and analysis is perfect for:

- Anyone who wants to learn how to live in the present
- People who find themselves feeling overwhelmed by mental chatter
- People looking for a concise summary of some of the core teachings of the world's main religions

About 50MINUTES.COM | BOOK REVIEW The Book Review series from the 50Minutes collection is aimed at anyone who is looking to learn from experts in their field without spending hours reading endless pages of information. Our reviews present a concise summary of the main points of each book, as well as providing context, different perspectives and concrete examples to illustrate the key concepts. Offers ecumenical meditations on love, perception, forgiveness, eternal life, and theoretical concepts in theology In 1945 when the atomic bombs were dropped in WWII, our "protectors" and "watchers" in outer space saw that Earth was on a collision course with disaster. The prime directive of non-interference prevented them from taking any action, but then they came up with a brilliant plan to save Earth and assist her in her ascension. They couldn't interfere from the "outside", but maybe they could influence from the "inside". So the call went out for volunteers to come and help. "Earth is in trouble - who wants to volunteer?" The native souls living on Earth were too caught up on the wheel of karma. The only hope was to ask for pure souls to come who had never been trapped on the karmic cycle. Dolores in her hypnosis work has discovered three waves of these volunteers. Some have come direct from the "Source" and have never lived in any type of physical body before. Others have lived as space beings on other planets or other dimensions. Because all memory is erased upon entry to the Earth dimension, they do not remember their assignment. Thus these beautiful souls have a difficult time adjusting to our chaotic world. These souls have a vital role to play as they help all of the rest of us ascend to the New Earth. \* Characteristics of the Three Waves of Volunteers \* The Difficulties being Experienced by First-Timers \* How the Shift is affecting the Physical Body \* The Roles of ETs and Light Beings in the Shift \* Keepers of the Grid \* The Separation of the Old and New Earth \* What is the New Earth? \* What is the Significance of 2012? 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." Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of Beyond the Power of Now, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that: 1) emotions can be trusted more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions. 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. Read this free and inspiring book, if you wish to break down those mental barriers that prevent you from living a happier life. It will easily show you how to embrace a greater reality; help you discover a better path towards inner peace and above all, make you see yourself in a new and empowered light. It's an inspirational, sometimes funny but yet profound read! #1 New York Times bestseller What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul offers simple yet profound answers to these questions. Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. Copublished with the Institute of Noetic Sciences (IONS) The Untethered Soul begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. The Untethered Soul has already touched the lives of more than a million readers, and is available in a special hardcover gift edition with ribbon bookmark—the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information. This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. The journey into the Now requires leaving behind our analytical mind and focusing on the underpinnings of our life. Eckhart Tolle then will take us to a higher level of understanding where we realize the insignificance of the details of the world. We connect ourselves to the very essence of our Being and Tolle guides us through answering the most important questions in our life. A sensational book that has gathered followers from its first publication, The Power of Now shares the answers to the confounding questions about the quality of our lives, ultimately changing our lives for the better. Wait no more, take action and get this book now! Full of practical ideas and inspiring stories from people who have already transformed their lives through the Complaint Free program, you'll learn not only how to stop complaining but also how to become more positive and live the life you've always dreamed about. More than ten million people in 106 countries have used the simple principles found in this book to eradicate the toxicity of complaining from their lives. And, as a result, they have experienced better health, happier relationships, greater career success and a significant increase in happiness. A Complaint Free World will explain what constitutes a complaint, why we complain, what benefits we think we receive from complaining, how complaining is destructive to our lives, and how we can get others around us to stop complaining. Find out how forming the simple habit of not complaining can transform your health, relationships, career and life. Consciously striving to reformat your mental hard drive is not easy, but you can start now by using the steps Bowen presents here. If you stay with it, you'll find that not only will you stop complaining, but others around you will cease to do so as well and in a short period of time, you'll have a more positive life. “A Complaint Free World is an engaging, enjoyable, easy-to-read reminder that the only permanent, constructive changes you can make in the world are the changes that you make in yourself.” –Gary Zukav, author of The Seat of the Soul and Soul to Soul 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. Find your life's purpose by connecting with the earth. What's your life's purpose? Figuring out the answer to that question is a pretty tall order and most people spend their entire life trying to figure that out. But by engaging with the teachings of author and spiritual leader Eckhart Tolle, you can learn how to transcend the petty anxieties, fears, and flaws that control our everyday existence. And by learning to heal your own internal conflicts, you can even discover the secret to achieving

world peace. This is a summary of Eckhart Tolle's The Power of Now: A Guide to Spiritual Enlightenment 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." Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 236 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book. 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. WHAT IS THE SECRET OF HAPPINESS? How can you avoid depression, suffering and dissatisfaction? What is the best way of dealing with unhappy or stressful situations? And how can you stop your negative thinking from continuously sabotaging your own life? The answer is simple, according to the celebrated twentieth-century Indian sage Sri Ramana Maharshi (1879-1950), developer of SELF-INQUIRY MEDITATION, a practical method we can use to avoid negative thinking and begin to experience everlasting happiness and inner peace. SELF-INQUIRY MEDITATION can be practiced by anyone and only requires brief training. It does not require changing religions or adopting new rituals, creeds or beliefs! You can practice it at home, work and practically anywhere. It is ideal for busy workers, people raising a family, artists, scientists, technicians, sportsmen, intellectuals, students or people like you who are reading these lines. And you can easily apply it when working or performing your daily activities. WHAT THIS BOOK CAN SHOW YOU: \*Why happiness and inner peace are our true nature. \*How our thoughts prevent us from experiencing our true nature. \*What is the essence of our repetitive negative thoughts. \*How our repetitive negative thoughts affect our lives. \*Who or what controls our negative repetitive thinking. \*How to deal with negative thinking and avoid its influence. \*How to dissolve our negative thoughts as soon as they appear. \*How to experience your true Self and embrace life as it is. \*How to deal with unhappy or stressful situations in life. \*How live a positive life, leaving your negativity behind. \*How to find everlasting happiness and inner peace within you. \*How to attain Self-knowledge and Self-realization. \*And more! CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES! T H E S E C R E T O F N O W S E R I E S : \* V O L U M E 1 Understanding Eckhart Tolle Workbook: 12 Lessons 12 Exercises to Stop Your Inner Chat and Experience The Power of Now!" \* V O L U M E 2 Eckhart Tolle and Buddhist Tales of Light: 20 Tales To Help You Stop Your Inner Chat and Experience The Power of Now! \* V O L U M E 3 Eckhart Tolle and Hinduism: Tales of Light To Help You Stop Your Inner Chat and Experience The Power of Now! \* V O L U M E 4 Eckhart Tolle and Christian Meditation: The Secret Teachings of Jesus and the Gospel 's Hidden Meaning Revealed (Beginner 's Guide) \* V O L U M E 5 Understanding Deepak Chopra: Meditation in 7 Easy Steps (7 Lessons 7 Exercises - The Beginner 's Guide to Meditation and Inner Peace)\* V O L U M E 6 Self-Inquiry Meditation: Stop Your Negative Thinking (7 Lessons 7 Exercises -The Beginner 's Guide to Beating Negativity and Attaining Inner Peace!) New Edition! 7 LESSONS 7 EXERCISES TO STOP YOUR CHATTERING MIND AND ENJOY LIVING IN THE NOW (Beginner's Workbook) THIS WORKBOOK FOR BEGINNERS (formerly known as "Understanding Eckhart Tolle Workbook") contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "chattering mind" and begin to enjoy living in "The Now," an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind the spiritual teachings of Eckhart Tolle, Dalai Lama, Krishnamuti and Meister Eckhart, among others, based on the premise that "In essence there is and always has been only one spiritual teaching, although it comes in many forms." This is truly a beginning workbook recommended for searchers of the Truth wanting to escape from illusion and experience the joyful inner peace that only brings Living in "The Now." The seven spiritual lessons and exercises you will find in this workbook are based on the following ancient premises: \*Human suffering and unhappiness are produced by our "chattering mind," which unceasingly produces an inner dialogue or chatter, preventing us from experiencing the Now. \*There is a way to slow down and stop our chattering mind. Once you learn how to do this, you too will be able to slow down and stop it when needed (especially when you sincerely need to stop it and end your distress and self-inflicted suffering. \*You cannot stop your thoughts completely, nor is it desirable. Even enlightened beings need to live and interact with society, like all humans. \*By actually slowing down your chattering mind, you can make them lose their power. Simply recognize them as "illusions," that is, products of a psychological phenomenon common among humans and allegedly known in India since prehistoric times: the phenomenon of mental illusion caused by what for thousands of years has been known as "the veil of Maya." \*Only by breaking yourself free from this mental veil you can gradually awaken and free yourself from the psychological illusion that causes human suffering and unhappiness, opening the doors of your inner peace and discovering the joy of Living in the Now! CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES!" Discover the Essence of Who You Really Are These powerful meditations and poetic reflections will comfort, inspire, and gently bring you out of the hectic day-to-day and back to the bedrock of peace, and even joy, of your true, essential, and authentic self. By encouraging you to see the limitations of your everyday, conditioned personality, Steve Taylor empowers you to step outside of it so you can breathe the fresh air of freedom. His words will guide you on a journey through the landscape of wider awareness, pointing out the obstacles and landmarks along the way to enlightenment. A profound modern spiritual text with the power to transmit awakening, The Calm Center will help you open to the deepest and highest experiences of a life fully lived. 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. Extended Summary Of A New Earth: Awakening Your Life's Purpose - Based On The Book By Eckhart Tolle Do you feel lost? Do you feel like you can't find your way to happiness? Discover how to live your life and achieve your personal fulfillment. What will you learn? You'll understand why society has become violent and out of control. You'll start to see the path to change and improve the world. You'll be able to define your life's purposes, which will be your guide along the way. You'll learn to accept others, to change what is in your hands to be modified and to enjoy a happy life. About the original book This work shows us that there's a possibility for building a better world for us to live happily. The starting point is to understand who we are and what our purpose in life is. The key is to achieve a personal transformation to discover our deepest being, the one that remains free from the destructive ego. Content Chapter 01: Agony Or Transformation? Overcome Your Ego And Change The World Chapter 02: The Madness Of Oneself And That Of Others Chapter 03: A Change Of Conscience Is A Change In The Way Of Acting Chapter 04: In Search Of The Solution Chapter 05: The Root Of The Problem - The Ego Chapter 06: Looped With The Ego: "My" Chapter 07: We Aren't Our Roles Chapter 08: The Ego And The Body Of Pain Chapter 09: Accept This Chapter 10: The Shadow That Lives In You Chapter 11: Harmonize Your External And Internal Objective Chapter 12: Accept And Enjoy. Two Key Actions For An Enlighted Life About Mentors Library Books are mentors. Books can guide what we do and our lives. Many of us love books while reading them and maybe they will echo with us a few weeks after but 2 years later we can't remember if we have read it or not. And that's a shame. We remember that at that time, the book meant a lot to us. Why is it that 2 years later we have forgotten everything? That's not good. This summary is taken from the most important themes of the original book. Most people don't like books. People just want to know what the book says they have to do. If you trust the source you don't need the arguments. So much of a book is arguing its points, but often you don't need the argument if you trust the source you can just get the point. This summary takes the effort to distill the blahs into themes for the people who are just not going to read the whole book. All this information is in the original book. 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. Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

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