

The Power Of Now: A Guide To Spiritual Enlightenment

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.

"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.

No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels drastically—with this classic bestselling guide from a mindfulness expert. When Wherever You Go, There You Are was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

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.

The Power of No

Eckhart Tolle's the Power of Now Summary

The Power of Now

Reimagining Design

Transforming Suffering Into Peace, Joy & Liberation : the Four Noble Truths, the Noble Eightfold Path, and Other Basic Buddhist Teachings

Understanding Eckhart Tolle

The power of transformative design, multidisciplinary leaps, and diversity: lessons from a Black professional's journey through corporate America. Design offers so much more than an aesthetically pleasing logo or banner, a beautification add-on after the heavy lifting. In Reimagining Design,

Kevin Bethune shows how design provides a unique angle on problem-solving—how it can be leveraged strategically to cultivate innovation and anchor multidisciplinary teamwork. As he does so, he describes his journey as a Black professional through corporate America, revealing the power of transformative design, multidisciplinary leaps, and diversity. Bethune, who began as an engineer at Westinghouse, moved on to Nike (where he designed Air Jordans), and now works as a sought-after consultant on design and innovation, shows how design can transform both individual lives and organizations. In Bethune's account, diversity, equity, and inclusion emerge as a recurring theme. He shows how, as we leverage design for innovation, we also need to consider the broader ecological implications of our decisions and acknowledge the threads of systemic injustice in order to realize positive change. His book is for anyone who has felt like the “other”—and also for allies who want to encourage anti-racist, anti-sexist, and anti-ageist behaviors in the workplace. Design transformation takes leadership—leaders who do not act as gatekeepers but, with agility and nimbleness, build teams that mirror the marketplace. Design in harmony with other disciplines can be incredibly powerful; multidisciplinary team collaboration is the foundation of future innovation. With insight and compassion, Bethune provides a framework for bringing this about.

From the international bestselling author of Unlearn, Humble the Poet speaks new truths about how we can create silver linings from our most difficult moments. Every one of us endures setbacks, disappointments, and failures that can beat us down. But we don't have to let them. Instead, we can use them as opportunities for growth. In Things No One Else Can Teach Us, Humble the Poet goes against conventional wisdom for happiness and success, showing us how our most painful experiences can be our greatest teachers. Humble shares raw, honest stories from his own life—from his rocky start becoming a rapper to nearly going broke to battling racism—to demonstrate how we can change our minds to better our lives. From a breakup to losing a loved one, our hardest moments can help us flourish, but only if we seize the opportunity. While we can't control life, we have the power to control how we react to it. Things No One Else Can Teach Us reminds us that we have the power to transform the way we respond to everyday challenges and ultimately be our best selves.

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. As you read through these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted and disoriented. Once refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of your journey through these chapters, there will be no more confusion, no more lack of empowerment, and no more blaming others. You will know exactly what must be done. And should you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "This above all: to thine own self be true." ---- Introduction

?The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle- Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) The mind is a powerful tool, but more often than not, we allow it to create our pains and take control of our lives.

This book The Power of Now teaches us how to live in the present moment, and the importance of it. With the lessons from this book, we will learn to live with more freedom and a higher state of consciousness. (Note: This summary is wholly written and published by readtrepreneur. It is not affiliated with the original author in any way) "Life isn't as serious as the mind makes it out to be." - Eckhart Tolle Eckhart also discusses the reasons behind our actions and thoughts and we will realize that like it or not, they ring with truth. Eckhart's guide to spiritual enlightenment allows us to become a better person not just to others but also to ourselves. P.S. Embark on your spiritual journey, walk the path of self-discovery and personal growth with this book. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? - Highest Quality Summaries - Delivers Amazing Knowledge - Awesome Refresher - Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

The Heart of the Buddha's Teaching

AFROSURF

Grit

TNT: The Power Within You

Global Politics and the Power of Language

Parenting with Presence

New York Times bestselling author Eckhart Tolle — Learn the transformative power of living in the now Attaining Eckhart Tolle’s state of presence: In Stillness Speaks, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls “the state of presence,” a living in the ‘now’ that is both intensely inspirational and practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. Stillness Speaks takes the form of 200 individual entries, organized into 10 topic clusters that range from “Beyond the Thinking Mind” to “Suffering and the End of Suffering.” Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read The Untethered Soul by Michael Singer, Buddha’s Brain by Rick Hanson, or other Eckhart Tolle books such as The Power of Now, you will want to own and read Stillness Speaks.

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.

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.

The Rise of English is a masterful account of the spread of English as the dominant lingua franca worldwide, its intimate connections with globalization and neoliberalism, and its effects on linguistic justice, opportunity, and identity. Deeply researched and wide-ranging in scope, this book shows how English has privileged some and disadvantaged others, but ultimately offers the promise of transcending cultural and linguistic borders in amultilingual world.

The Untethered Soul Guided Journal

Unlocking Strategic Innovation

Mindfulness Meditation In Everyday Life

Practising the Power of Now

The Spaghetti Startup

Guardians of Being

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.

The Power of NowA Guide to Spiritual EnlightenmentNew World Library

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film The United States vs. Billie Holiday and the documentary series The Fix. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

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.

Why Religion Matters--and How to Talk About It

Inspirational Selections from A New Earth

A Guide to Spiritual Enlightenment

The Power of Living in the Now

A New Earth

A Guide to Spiritual Enlightenment by Eckhart Tolle

A collection of simple meditations and exercises helps readers heighten their consciousness of the present and live in the moment more completely.

In this powerful and virtuosic collection of interlocking stories, each one "a marvel of concision and compassion" (Washington Post), a National Book Critics Circle Award finalist and "master of his form" (/~i-New York Times) takes the short story to new heights. Through forty-four compressed gems, Peter Orner, a writer who "doesn't simply bring his characters to life, he gives them souls" (NYT Book Review), chronicles people whose lives are at inflection points, gripping us with a series of defining moments. Whether it's a first date that turns into a late-night road trip to a séance in an abandoned airplane hangar, or a family's memories of the painful mystery surrounding a neglected uncle's demise, Orner reveals how our fleeting decisions between kindness and abandonment chase us across time. These stories are anchored by a poignant novella that delivers not only the joys and travails of a forty-year marriage, but an entire era in a working-class New England city. Bristling with the crackling energy of life itself, Maggie Brown & Others marks the most sustained achievement to date for "a master of his form" (New York Times). A New York Times Notable Book A Chicago Tribune Notable Book An Oprah Magazine Best Book of 2019 Kirkus Reviews Best Short Fiction of 2019 Longlisted for the Simpson/Joyce Carol Oates Prize

A Vietnamese monk clarifies the main principles of Buddhism, reveals its roles in creating joy and enlightenment, and encompasses every facet of Buddhist teaching, from the Four Noble Truths to the Three Dharma Seals. Reprint.

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 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.

Wherever You Go, There You Are

The Rise of English

The Untethered Soul (EasyRead Super Large 18pt Edition)

Practices to Journey Beyond Yourself

Practicing the Power of Now : Essential Teachings, Meditations, and Exercises from the Power of Now

A Tale of Startup Survival Or How to Achieve Radical Growth with Systems & Design Thinking

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

Based on the #1 New York Times bestseller The Untethered Soul, this guided journal offers powerful new practices for inspiration, freedom, and joy. In this beautiful guided journal, you'll find brand-new exercises and prompts paired with original passages from The Untethered Soul. These prompts encourage you to fully relate Michael A. Singer's teachings to your personal experiences, allowing you to dive into the teachings and make them a part of your daily life. You'll also discover practices to help you gain distance from your noisy mind, tap into the deeper awareness that is your true essence, and work through the negative emotions that limit your potential. Grounded in traditions of meditation and mindfulness, the new exercises in this transformational journal will show you how to live more fully in the present moment, and achieve lasting joy and self-realization. If you're ready to open the door to limitless possibilities, The Untethered Soul Guided Journal will lead you to a richer understanding of your relationship to your mind, emotions, and inner energies. And by letting go of difficult past experiences you've held within yourself, you'll learn to access the profound happiness of your true, innermost Self.

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.

A masterpiece of reporting on the Supreme Court's most divisive case, Roe v. Wade, and the unknown lives at its heart. Despite her famous pseudonym, no one knows the truth about "Jane Roe," Norma McCorvey (1947–2017), whose unwanted pregnancy in 1970 opened a great fracture in American life. Journalist Joshua Prager spent years with Norma, discovered her personal papers, a previously unseen trove, and witnessed her

final moments. With an explosive revelation at the core of the case, he tells her full story for the first time. Prager also traces Roe's fifty-year trajectory through three compelling figures: feminist lawyer Linda Coffee, who filed the original Texas lawsuit yet now lives in obscurity; Curtis Boyd, a former fundamentalist Christian, today a leading provider of third-trimester abortions; and Mildred Jefferson, the first Black female Harvard Medical School graduate, who became a pro-life leader with great secrets. Essential to our understanding of this key debate, the right to choose or the right to life, The Family Roe will change the way you think about our enduring American divide.

Letting Go of Nothing

Things No One Else Can Teach Us

A Guide To, and Beyond, Eckhart Tolle's Teachings

Oneness with All Life

Religion and Spirituality

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

'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 The Spaghetti Startup introduces the Lasagna Framework, a new tool for 'strategic growth hacking'. Lasagna helps startups achieve 'sustainable growth' by properly designing their 'growth engines' based on systems and design thinking. It is also a diagnostic tool that helps resolve core problems, avoid common pitfalls and increase the viability of an innovation-driven enterprise. Written with a fun, fable-ish twist, the book starts out with a futuristic story of the famed startup ecosystem, the Silicon Valley. It turns out, in the August of 2025, things change for the worse. There is an epidemic of spaghetti poisoning that plagues all entrepreneurs. The spag worm they contract impairs their judgment, which in turn puts their startups in jeopardy. Doctors have no remedy for the condition and the death toll is increasing. But, hey! There is a hero in this story, too! Apparently, our professing cat, Dr. Caddy has a solution to share with his fellows. All they need to do is to adopt Lasagna thinking, the cure for their spaghetti-driven minds. Visit Lasagnac.com to join the community, share your experiences, and help each other with fellow entrepreneurs from around the world.

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

The Power of Passion and Perseverance

The Family Roe: An American Story

The Power of Now Journal

Beyond the Power of Now

Speaking of Faith

Maggie Brown & Others

Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons — refusing to cooperate or ignoring our requests — can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, Parenting with Presence teaches us how to become the parents we most want to be while raising confident, caring children. “Shows parents how they can transform parenting into a spiritual practice.” — Eckhart Tolle, author of The Power of Now “Clear, wise, soulful, and poetic.” — Alanis Morissette

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*

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

Discover the untold story of African surf culture in this glorious and colorful collection of profiles, essays, photographs, and illustrations. AFROSURF is the first book to capture and celebrate the surfing culture of Africa. This unprecedented collection is compiled by Mami Wata, a Cape Town surf company that fiercely believes in the power of African surf. Mami Wata brings together its co-founder Selema Masekela and some of Africa's finest photographers, thinkers, writers, and surfers to explore the unique culture of eighteen coastal countries, from Morocco to Somalia, Mozambique, South Africa, and beyond. Packed with over fifty essays, AFROSURF features surfer and skater profiles, thought pieces, poems, photos, illustrations, ephemera, recipes, and a mini comic, all wrapped in an astounding design that captures the diversity and character of Africa. A creative force of good in their continent, Mami Wata sources and manufactures all their wares in Africa and works with communities to strengthen local economies through surf tourism. With this mission in mind, Mami Wata is donating 100% of their proceeds to support two African surf therapy organizations, Waves for Change and Surfers Not Street Children.

Awakening to Your Life's Purpose

The Inspiration for the Feature Film "The United States vs. Billie Holiday"

Relax Your Mind and Discover the Wonder of Your True Nature

Dark End of the Spectrum

Summary of The Power of Now

The LIFE-CHANGING follow up to The Power of Now. 'An otherworldly genius' Chris Evans' BBC Radio 2 Breakfast Show

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-geniu­ses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among Grit’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. W­inningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

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.

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.

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.

Essential Teachings, Meditations and Exercises from the Power of Now

Chasing the Scream

50 Inspiration Cards

Milton's Secret

Stories

Stillness Speaks

Through the skillful use of a great variety of literary genres, this book explores the intimate relation and tension between religion and spirituality, evoking a wide range of responses that may awaken one to various possibilities of spiritual experience.

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.

"The family elements in the story - the real struggles with marriage, raising a family, making a living, and just trying to enjoy life - have broadened the book's appeal to a wider audience, primarily women who are not into technology."DARK END OF SPECTRUM will make you think twice before turning on your cell phone or PDA!DARK END OF THE SPECTRUM is a frighteningly plausible and headline ripping tale of the real threats that loom in cyberspace and beyond with a Michael Crichton realism. Based on the author's years of research into the hacker culture.DARK END OF THE SPECTRUM is a thriller that will connect with everyone with a cell phone, PDA or wireless device.When a group of digital terrorists known as ICER take over the US power grid and the cell phone network, they give the government an ultimatum - bomb the borders of Afghanistan and Pakistan with nuclear weapons to put an end to Al-Quada or they will start downing commercial airliners. When the government refuses, ICER destroys most of the downed aircraft in airports all over the country. When ICER sends a pulse that will kill millions on the East Coast, only security expert Dan Riker can stop them, but ICER has kidnapped Dan's family.Will Dan save his family or will millions die?

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