



Summary and Analysis: The Power of Now by Eckhart Tolle

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In-depth implementable summary and analysis of Eckhart Tolle's best-selling book *The Power of Now: A Guide to Spiritual Enlightenment*. Radically transform your life and your state of consciousness through the power of presence.

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The Power of Now: A Guide to Spiritual Enlightenment is intended to be a self-help guide for day to day living and emphasizes the value of living in the present moment and avoiding thoughts of the past or future. Published in 1999, the book was recommended by Oprah Winfrey and has been translated into 33 languages.

The book draws from a variety of "spiritual traditions", and it uses these traditions to describe a way of life based on living in the now. Its core message is that the source of people's problems is their identification with their minds. According to the book, the now is the most important moment there is, as both past and future illusions of the mind. The book also describes practices of relaxation and meditation to aid readers in anchoring themselves in the present.

Eckhart Tolle's message is simple: living in the now is the truest path to happiness and enlightenment.

Estimated reading time: 45 minutes

Original Book: 4.5 hours

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