



The Power of Now: by Eckhart Tolle | A Guide to Spiritual Enlightenment | Summary & Takeaways (Brief Books Book 38)

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The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

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This book is a supplement to The Power of Now and intended to enhance the experience of reading the original book. We recommend purchasing the full version of The Power of Now on Amazon in addition to this book.

Introduction

The Power of Now, by Eckhart Tolle, is a self-help guide to spiritual growth. It stresses the need for the individual to live fully in the present moment and offers the means of identifying and removing damage to the psyche as a result of past events. Dwelling on past events or fearful consideration of the future are identified as harmful to the psyche and the means to avoid either of these eventualities is stressed. The author references several diverse belief systems ranging from Christianity to Zen Buddhism as a means of identifying ways to exist solely in the present moment. Practical meditation techniques which allow the reader to remain in the present moment, without dwelling on the past or developing apprehension about the future are presented and explained. The harmful effects of the conscious mind and the ego are explained and practical means to overcome their adverse effects are presented.

Features

- **Overview** - An introduction to help you understand the book as a whole.
- **Chapter Summaries** - Clear and concise descriptions of key concepts and important details.
- **Chapter Takeaways** - The most important concepts of the chapter represented by three focused bullet points.
- **Book Takeaways** - The entire book condensed into one takeaway per chapter to reinforce critical concepts.

Benefits

- Spend less time reading and more time enjoying your favorite books.
- Discover important details you may have missed the first time.

- Review key concepts in an easy-to-understand and efficient manner.
- Use as a reference or "cheat sheet" to quickly access important information.
- Pick up where you left off with the original book.
- Focus only on critical information and eliminate unnecessary details.

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