



**Understanding Eckhart Tolle Workbook: 7
Lessons 7 Exercises to Stop Your Inner Chat and
Experience The Power of Now! (The Secret of Now
Series) (Volume 1)**

A.J. Parr

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Understanding Eckhart Tolle Workbook: 7 Lessons 7 Exercises to Stop Your Inner Chat and Experience The Power of Now! (The Secret of Now Series) (Volume 1)

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Understanding Eckhart Tolle Workbook: 7 Lessons 7 Exercises to Stop Your Inner Chat and Experience The Power of Now! (The Secret of Now Series) (Volume 1) A.J. Parr 7 LESSONS 7 EXERCISES TO STOP YOUR INNER CHAT AND EXPERIENCE THE POWER OF NOW

This workbook for beginners contains 7 basic lessons and 7 exercises you can apply NOW to begin to slow down and stop your "inner chat" and start to experience *The Power of Now*, an experience that will grant you inner peace and freedom from illusion starting TODAY. It presents the basic concepts, principles and methods behind Eckhart Tolle's spiritual instructions under the perspective of ancient Hinduism and Buddhism, It is truly a workbook recommended for everyone interested in finding the Truth, escaping from illusion and experiencing inner peace in the Now.

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THE SECRET OF NOW SERIES :

*** 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! **REVIEW:** "I would say this book is 100% aligned with the works of Eckhart Tolle. Its purpose is to offer insight and practical exercises to help the reader to understand how to interrupt the constant 'chatter' of his/her mind..." (John)

*** 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! **REVIEW:** "This book covers the simple truths to awakening in the form of short stories. Yes as the title states the parallel between what Eckhart Tolle and Buddha are conveying is brought out beautifully. Excellent book and highly recommended." (Bruce Johnson)

*** 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! **REVIEW:** Loved it! Anyone interested in Eckhart Tolle's teachings should read this book! (Thashmira Hemantha)

*** 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) **REVIEW:** "This book really helped me understand Christ's original doctrine and the early history of primitive Christianity, including how the first teachings were slowly transformed and finally lost." (Panche)

*** 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) REVIEW: "This extraordinary book really helped me understand Deepak Chopra's teachings! I give it five stars!" (William C. Mariotti)

* V O L U M E 6

ECKHART TOLLE FOR BEGINNERS: STOP NEGATIVE THINKING IN 7 SINGLE STEPS (7 Lessons 7 Exercises to Beat Pessimism with the Power of Now) REVIEW: "I enjoyed reading this book and found it very helpful. NO MORE NEGATIVE THINKING FOR ME!! Very good read. I highly recommend it!" (William C. Mariotti)

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