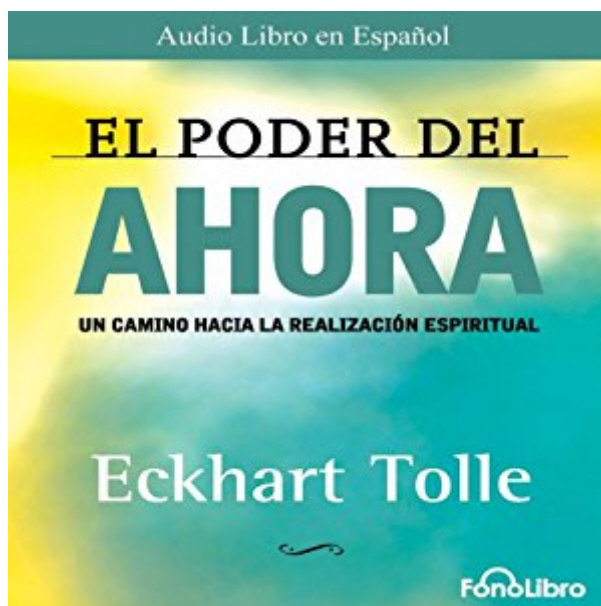


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El Poder Del Ahora (Texto Completo) [The Power Of Now]



Synopsis

Eckhart Tolle begins this best-selling spiritual guide with his own story — a tale of early despair that culminated in a tremendous experience of awakening one night soon after his 29th birthday. Tolle's galvanizing realization was that the mind is the enemy of enlightenment, and that individuals contain the source of their own pain. The Power of Now explores these issues in depth and uncovers fresh ways of living a more fulfilling life. Now available to Spanish-language readers, the book shows how a combination of Buddhist principles, relaxation techniques, and meditation theory can connect the reader to the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. --This text refers to the Paperback edition.

Book Information

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Un libro para mantener cerca y leer varias veces, ya que cada vez las enseñanzas de Eckhart Tolle llegan de manera distinta. Para los que buscamos un camino espiritual libre, excelente guía.

A must read for everybody looking for spiritual growth, try to read it with an open mind. It is worth to practice everyday

Excellent read!

Purchased as gift because I want to share with the world!

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Me gusto mucho el libro, muy revelador, no me gustÃ³ tantas referencias a Dios, pero me imagino que es difil encontrar otro nombre

Muy divertido, comprendiendo el poder de soltar y vivir. Despertar contigo y disfrutar del ahora sin culpa alguna. Muy buen libro.

Es una buena opciÃ³n para descubrir quiÃ©n realmente eres. Es una experiencia Ãºnica donde puedes observar y encontrarle sentido a la vida.

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