The Power Of Now A Guide To Spiritual Enlightenment

Imagine Feeling Light Like A Feather... & Free Like An Eagle You know what I'm talking about. It's really tough to have inner peace in today's highly distracting world... Even if we don't, we all know we do. We've all seen it don't we? People who either live in the past or stress about the future. If then, what's the point of this book? Success Leaves Clues. (SLC) Behind the magic, you'll ALWAYS find that there IS a magic process. "The Power of Now" if you will. The Power of Now was published in the late 1990s and was recommended by Oprah Winfrey. It has been translated into 33 languages and has sold more than 3 million copies. The Power of Now highlights the importance of living in the present moment and transcending thoughts of the past or future. So what? Then LEARN! "but then..." Procrastinating already? Your mind works like a parachute. It only works when it's... OPEN. Here's what you'll discover... --- Chapter 1: The Definitions of Being --- Chapter 2: The Trouble With Pain --- Chapter 3: The Truth About Suffering --- Chapter 4: The Problems of the Past --- Chapter 5: The Potential in the Present --- Chapter 8: The Truth About Salvation --- Chapter 9: The Truth About

Happiness --- And so much more. If you're ready to go DEEP into The Power of Now and get all the golden nuggets in a snap shot at the same time, click on the BUY NOW button and start reading this summary book NOW! ---------- Why Grab Summareads' Summary Books? --- Unparalleled Book Summaries... learn more with less time. --- Bye Fluff... get the vital principles of a full-length book in a limited time. --- Come Comprehensive... handy companion that can be reviewed side by side the original book --- Hello Facts... we will never inject our opinions into the original works of the authors --- Actionable Now... because knowledge is only potential power ---------- Disclaimer: This is an unauthorized book summary. We are not affiliated or sponsored by the original authors or publishers in anyway. In every summary book, you'll realize that it is a great resource for personal development and growth. Nevertheless, we encourage purchasing BOTH the original books and our summary book as your retention for the subject matter will be greatly amplified.

?????????

This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. The journey into the Now requires leaving behind our

analytical mind and focusing on the underpinnings of our life. Eckhart Tolle then will take us to a higher level of understanding where we realize the insignificance of the details of the world. We connect ourselves to the very essence of our Being and Tolle guides us through answering the most important questions in our life. A sensational book that has gathered followers from its first publication, The Power of Now shares the answers to the confounding questions about the quality of our lives, ultimately changing our lives for the better. Wait no more, take action and get this book now!

? Buy the Paperback Version and Get the Kindle Version for Free ?What is the 'self'? What is the nature of 'I'? The reasons for you deciding to read this book are many. People across the globe have all kinds of problems in their daily lives, and at some point, everyone begins to ask the eternal question: What is my role in all of this? It can be a scary question to ask. If you happen to be at a crossroads in your life, then the answer to this question taken on a grand significance. It will seem as if every decision you make from here on out will either lead to chaos or prosperity. Looking at the world in binary, that is as a have or have not, positive or negative, black or white, form is one of the hallmarks of a mind that isn't trained or wise enough to contemplate its own magnificence. Acceptance of ambiguity and the lack of a definite answer is a major weakness in

Western societies. We're simply not equipped to deal with uncertainty and situations where outcomes are not clear. This is especially true when it comes to ourselves. The current Millennial generation is discovering this first-hand. The socioeconomic conditions into which a Millennial has entered is very different from what America and the west have traditionally offered. Jobs are present, but given the scary levels of debt, one needs to assume to land one, the pay is almost moot. The net result is a generational war of sorts between conservative older folk, who believe the kids are lazy, and the younger folk who believe the older people screwed things up. This book is not going to solve global economic problems, far from it. However, given the anxiety and stress-ridden world of today, it pays to step back and examine our place in everything. Man's first instinct in the search for meaning is to look outward. The truth is if you wish to discover the secrets of life, nature, and the universe, all you need to do is look inward. This is how you set yourself on the path to right action and relieve yourself from negative pressure. A lot of people get down on themselves and paint themselves as victims. This is but the ego fooling you. You are no victim. You are strong and have the backing of the most powerful force in the universe, which is to say, you are an extension of it and contain within you everything you need to achieve what you want. You just need to open yourself up to it.

Surrender and let it flow through you. This book will teach you how to reconnect and discover yourself. Discovering the order of things and their attendant meaning is nothing more than discovering yourself. After all, nature is represented in you. Understand your true nature, and you'll understand nature. As a clarification, this book's aim is not to help you discover your life's purpose or teach you how to attract prosperity. Those aims will take care of themselves only when you understand higher principles. The highest principle for you to understand is the nature of your mind and "I." Your issues with discipline and stress and anxiety, all emanate from a lack of understanding of these things.
?TED??????????????????????????
?????CNN?ABC?NBC???????????????????????? ??????????Brene Brown Ph. D.???????????????? ???????10??????? ???????????????? ???????1348??????
??Cheers????????10????????? ?TED??????????????????? ?????????????18??
?????26???? ???2013?????????? ?????????.?????????????????.???????
????????? ??????????????????????????? ??????????????????????????????????
??????????????????????????????? ??????????????????????????????????
??????????????????????????????????? ????????????????? ??????????????????
??
??????????????????????????????????? ??????????????????????????????????

?? ????????????????????????
?? ??????????
??
???????????????? ????????????????????????????????????? ????????????????????????
???????????????????????? ???????????????????????????? ????????????????????????????????
????????????????????????????? ?????? ????????????????? ????????????????????????????????
????????????????????? ???????????????????? ???????????????????? ????????????????????
?????TEDxTaipei ????TED???????? ???????????????????? ????????????????????????????
????????????????????? ???????????????????? ????????? ????????????????
????????????????????? ??????????? ??
??? ?????????????????????
??? ????????????????????????????
??
????????????????????????????? ?????????????????????
??
????????????????????????????????? ??
????????????????????????????
??
????????????????????????????????????

?? ????????????????????
??
????????????????????????? ??
??? ????????????????
????????????????TED??? www.ted.com/talks/lang/zh-tw/brene_brown_on_vulnerability.html ????????????????????????
??????????www.facebook.com/daringreatly ??? ???? (??)

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.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. *As you read this summary, you will discover that it is possible to be permanently happy by living fully in the present moment. *You will also learn to : use your mind and free yourself from it; find keys to living in the present; to stop suffering needlessly; improve your relationships with others; let go. *At the age of 29, Eckhart Tolle's experience was so intense that it radically changed the course of his life and allowed him to come out of a long depression: it was the beginning of an inner journey that led him to become a spiritual guide. In The Power of the Present Moment, he recounts his experiences and gives advice to the reader. He tries to help the reader to get rid of troublesome thoughts, to free himself from his mind and to be happy. *Tolle warns his readers: he uses words such as "Being", "presence" and "enlightenment". These words are points of reference, means of explaining a reality. If the reader finds them unclear, he is invited to replace them with others or to continue reading without worrying about them: he will find the answers to his questions as the text progresses. *Buy now the summary of this book for the modest price of a cup of coffee!

New York Times bestselling author Eckhart Tolle — A key to happiness is living in the now Practice The Power of Now: If you, like many others, have benefited from the

transformative experience of reading The Power of Now, you will want to own and read Practicing the Power of Now. Eckhart Tolle: Eckhart Tolle, a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge, is rapidly emerging as one of the world's most inspiring spiritual teachers. His views go beyond any particular religion, doctrine, or guru. In The Power of Now and his subsequent book Practicing the Power of Now, Eckhart shares the enlightenment he himself experienced after a profound inner transformation radically changed the course of his life. Your path to enlightenment: Practicing the Power of Now extracts the essence from Eckhart's teachings in his New York Times bestseller, The Power of Now (translated into 33 languages). Practicing the Power of Now shows us how to free ourselves from "enslavement to the mind." The aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. Through meditations and simple techniques, Eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." The next step in human evolution: Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening involves transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the

ending of violence on our planet. Readers of other transformational self-help books such as The Four Agreements, The Miracle Morning, Braving the Wilderness, and The Book of Joy will want to read Practicing the Power of Now.

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 extolls the true power of Now 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.

???????????????? ? ??????? ??????????? ????????????? ??????????????????????????????????? ???87???????????? 58??? ???37????? ??????????????????????????????????? ??? 2045?? ??? ??????????????????????????????????? ??????????? ——????????????????…… ??????????????? ?????????????????????????????????? ????????——??????????????????????????? ?????????????????????????…… ?????????? ?? ???? ???——?????????????????????????????? ?????????? ??????????????????????????????????? ?????????????????

????????????????? CNN??????????????????????????? Austin American Statesman??????????? Cleveland Plain Dealer????????????????? ?????????? ????80?????80????80??????????? ??? ??????????????????????? ??????????????????????????? ??????????????????????????????????? ???????????????? ?????????????????????????? ????????2011????????????? ?????2011?????????? ??????2011?????? ??????2011????? ?????2011????? ???????????? ?????????????????? ??????????????????????? ?Cnet???????????? ????BookLounge?????? ?Audible.com??????? ?????????????????????? ????????? ???MLR?????????? ???MLR?????????? ????????? ??????????? ???????? ????MLR?????????? ?????????????????????? ??????? ?????????? ?????????????????? ????MLR?????????? ?????????????????????????????? ??? ——?????????????????? ???????????????? ——??????????????????????????????? ????????????????……????????? ?? ——??????????????????????????? ??????????……??? ——??????????????????????????? ?????????????????? ——?????????????????????????? ?????????????????????……????????????????????????????????? ——???? ??????????

?????????geekdom???……????
?? ——???????
??????????????????????……??????????????? ——????????????????????????Mark
Frauenfelder? ??? ——????????????????????The
Wise Man’s Fear??????????? ???——???????
??
——?????Blood Oath??????????? ??
??
??
??? ——???????????The Chinatown Dead Cloud
Peril???????? ??
??
??
??
??
??
???????????????????????????????????? ——?????????? ?????????????????????????????????????
??
??
??
??
??——??
??? ——??????????????? ???

?????????????——????????????????????????????——????????????????????????
——?????? ??
??
——MLR???????????? ??
??neverland? ——MLR???????????? ?
????????????????????……??
????????????????????????????? ——????????? ??
????????????????????????……??? ——?????
??? ——MLR????????????????
??
??
??
??
??
——?????? ??
??
??
????????????????????? ——?????????
????????????????????????????……????????????????????????????? ——????????????????????? ??
????????????????????????game???

??……
——MLR????????????? ???????? ?????? ?????????????
?????????https://goo.gl/3h5MDR ??? ?? (??)?
Traditional Chinese edition of The Untethered Soul: the journey beyond yourself. As a spiritual teacher, Michael Singer takes us step by step through the practice of intellectual Yoga; help liberate us from our self-image and become a happy and creative soul. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.
Summary of The Power of Now The Power of Now is a spiritual book written by German writer Eckhart Tolle. In his book, Tolle talks about the power of 'living in the present moment, rather than dwelling unnecessarily in the past or trying to figure out what the future will look like. Even though there are many books that are in some way similar to this one, The Power of Now is unique in many ways. By explaining how we can successfully live in the present moment, the author is guided by the teachings of Taoism, Karma, Buddhism, and Christianity through the teachings of Jesus Christ. By trying to unify all these teachings, the author tried to capture the true meaning of many spiritual and religious teachings by creating one single universal guideline—the Now. The book itself was published in 1997 and only three thousand copies were printed at first, but in 1999, it was republished and printed in much larger numbers by New World Library. Nowadays, the book has sold in over three million copies and been translated into over thirty languages. The main idea of Tolle's book is that every religious teaching

has the same core and thus he tried to ‘retell’ these core teachings in a way that would be easy to follow for his readers. With interesting concepts and interesting topics, The Power of Now is surely a type of book, which draws the attention of many readers. Here is a Preview of What You Will Get: ? A Full Book Summary ? An Analysis ? Fun quizzes ? Quiz Answers ? Etc Get a copy of this summary and learn about the book. Traditional Chinese edition of Brene Brown's The Gifts of Imperfection: Let Go of Who You Think Youre Supposed to Be and Embrace Who You Are.

The Power of Now - Practice It And Attain Enlightenment A lot of people have missed key opportunities in their lives over the years because they failed to see the power of now. Most people fail to live in the now because they prefer to be fear of what they do not know will happen tomorrow. However, this eBook will be able to help you realize why it is important to free yourself from the fear of tomorrow by shutting down today. The problem with this is that tomorrow will come, and you will live the same way, which will affect your life every single day. Your life should be lived in the now because no one has control of what happens tomorrow. Reading this eBook will help you understand how today stands out and why you need to do all you can to benefit from the now. What All You Will Get In This Book What Is Now? Power of Now in Your Business How to Benefit from Your Now Understanding the 5 W's Of Now Speaking With the Understanding of Now Understanding the Power of Now in Your Relationships Build Your Confidence by Understanding the Now Do the Things You Love and Forget What

People Say Self-Realization through Understanding the Now Motivate Yourself with Understanding the Now Find Out More about the Power of Now Be Accommodating and Open-Minded About Today Be Positive About Today Tackling Your Problems in the Now

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.

???????????????????????? ???????????????????????????? ??????????????????????? ??????????????????????? ???????????????? ??????????????????????? ????????????????????????????????? ????????????????????????????????? ?? ?????????????????? ????????????????????????????????? ?????????????????????

??????????????????? ??????????,????????????????:??? Guide to spiritual enlightenment; in question-answer form.

PLEASE NOTE: This is a summary of the book and NOT the original book. The Power of Now by Eckhart Tolle - A 15-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary:Chapter 1 Enlightenment, a feeling of awareness, peace, and joy, comes from within a person, not from outside sources. Enlightenment is an end to suffering and a feeling of connection to a person’s own true self and to the world. Enlightenment is being aware of a person’s own deepest self or Being. People have difficulty experiencing Being because of their identification with their own minds. Their own thoughts keep them from finding the stillness needed to experience Being. When people identify with their thoughts, it blocks their relationships with others, nature, and God. Those who can observe themselves thinking realize that they are not their mind and that all things of importance, such as beauty, joy, love, and inner peace, come from beyond the mind. This state of consciousness is achieved when people feel their own presence beyond their

thoughts, emotions, and physical bodies. Another way to experience enlightenment is to focus all attention on the now, the present moment. The ego, or false self, barely notices the present moment. To the ego, only the past and the future are important. Emotions are thoughts that are felt in the body. To reach full consciousness, people need to be able to see their emotions as separate from themselves…

Chinese edition of The power of now - a guide to spiritual enlightenment by Eckhart Tolle, the author of One World. Tolle is considered the eminent spiritual teacher in the world. His message in this bestseller is: living in the now is the truest path to happiness and enlightenment

Carefully arranged series of excerpts from the Power of Now that directly give us those exercises and keys.

??????????,??????????????????????????????????,??????????????????????.
????????·????????????????——????????,?????????????.????,????????,??????,????????????
????????????????????.????????,??????????,????????????.????????????????????,??????????,???
?.

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.

???????? ??????????? ?????????????? ????400?? ????????????????? ----------
????????? ????????????????? ?????????????????????????? ????????????????? ?????????
??
??K??????????????
??
??
?2011 ??? ?2010 ???????Top100???????Top20?
?2009 ?????????Top20???????Top20? ?2008 ?????????????Top30 ?????????????Top20
???????????Top15????Top200 ???????? •????•????????????? •2008??????????????
•??????????????????????????? •??????????•??
•?????????????????????????????20???????????? •4?????350?????????????????
•??30?????????????????700???
•2008?1???10???????

•?????Barnes & Noble?????????????????61????????????? •?????????????? ??
??…… ??
??
??
??????? ??? 1.????????????????????
??? 2.
??
????????????????????? 3.??
4.??? ??????? ?????????????????????? ?????????
??
??? ——???? ?•?? ??????????????????
??
????????????????????????????? ——??????? ??
??
????????????????????????????? ——????????? ??
??
????????????????????? ——??•??????•???? ??
??
??? ——???•??????????•????? 2004????????????????????
??
?????????????????? ——?????????? ??40
03?4004??

??????????? ——?????? ??•?? ???? ????•???Eckhart Tolle? ??????????????????????????? ??? ?????????????????? ??? ?????????????????????????CD?DVD?????????????????????The Power of Now??????????????????????????????????????? ????????? ?????????????????????????UCLA???MBA??? 2002??? ??? ??????????????????????????????????? ??? ?????????????????????????????????

It can be hard for busy professionals to find the time to read the latest books. Stay up to date in a fraction of the time with this concise guide. The Power of Now is one of the most influential self-help books of recent years, with several million copies sold to date and translations into 33 languages. It aims to enable readers to break free of the hold their mind has over them and to stop dwelling on the past and worrying about the future. Instead, the book stresses the importance of living in the present and seeking happiness, security and validation within ourselves instead of from external sources, as this is the key to spiritual fulfilment and successful relationships. Eckhart Tolle is a German-born spiritual teacher. In addition to his bestselling books The Power of Now and A New Earth, he regularly gives talks around the world to spread his message. This book review and analysis is perfect for: • Anyone who wants to learn how to live in the present • People who find themselves feeling overwhelmed by mental chatter • People looking for a concise summary of some of the core teachings of the

world’s main religions About 50MINUTES.COM | BOOK REVIEW The Book Review series from the 50Minutes collection is aimed at anyone who is looking to learn from experts in their field without spending hours reading endless pages of information. Our reviews present a concise summary of the main points of each book, as well as providing context, different perspectives and concrete examples to illustrate the key concepts.
???????????????? ??? ??? ???????????????? ? 2016???????? ? 2015????????????????? ? 2016????????? ? 2015?????? ? 2016 oricon??????????? ? 2016????????????? ? ???????????? ? ??????50??? ? 2018?????????????????????? ??????????????????????????? ?????????????????????????????????????? ?????????? ??????????????????????????????? ?????????????????????????? ?????????????????????????????? ?????????????????????????? ??? ??????????? ??????????????????????????????? ???? ? ? ? ??? ????????????????????????????????????? ??? ??? ??? ??? ??? ??? ???……
??????????????????????????????? ?????????????????????? ??????????TED??????????? ????????????????????????????????? ?????????????????? ????X???????????????? ???????????????? ????????????????? ??????????????????????????????

???????????????????????????????????? ?? ??Grit?? ?????????????????????????????????????? ?????????????????????????? ??????????????????????? ?? ?? ??????????????????????? ?????????????????????????????? ?????? •????????????????? •??????????? •????????????????????? •??????????????? •?????????????? •?????????????????????????? •????????????????????????????? •????????????????? •?????????????????????????? •??????????????? ??????? ????? ??? Teach for Taiwan??? ??? ????????????? ??? ??????? ????Lawrence H. Summers? ???????? ???????Sal Khan? ???????? ?????????Arianna Huffington? NBA?????????? ?????Brad Stevens? ???????Starfish Media Group???? ?????Soledad O'Brien? Tory Burch????CEO???? ??????Tory Burch? ?????????? ????????Robert D. Putnam? ??????? ??????Amy Cuddy? ?????????? ??????Sonja Lyubomirsky? ??????????? ???????Barbara Fredrickson? ?????????? ??????Joel Klein? ?????????? ????????Ed Viesturs? ??????? ???????Josh Waitzki? ???????? ?????Malcolm Gladwell? ????????????? ???????Daniel H. Pink? ??????????? ??????Susan Cain? ??????????? ???????Simon Sinek? ?????????? ??????Paul Tough? ????????? ????????Daniel Gilbert? ??????????? ?????Dan Heath? ????????????? ????????Amanda Ripley? ??????????? ??????David Shenk? ?? ?? ?? ????????“Passion, Patience, Persistence”???????????????? ???? ???????????????????????

?? ?? ?? ?? ???????????????? Teach for Taiwan??? ???Lawrence H. Summers???????????????????? ??Sal Khan????????? ???Brad Stevens???????????? ???Soledad O'Brien?????????Starfish Media Group???? ???Arianna Huffington????????The Huffington Post???? ?? ???Tory Burch??????CEO???? ????……??? ?????????Robert D. Putnam???????????? ??????????????????????????????????Amy Cuddy????????? ???Sonja Lyubomirsky???????????? ???Barbara Fredrickson????????????? ??Joel Klein???????????? ??Ed Viesturs???????????? ????……???

??Josh Waitzki????????? ???????IQ???Malcolm Gladwell?????????The Tipping Point??? ??????????Stephen Covey??????Carol Dweck???Daniel H. Pink????????????? ?????????????????????????????????????Susan Cain???????????Quiet??? ???Simon Sinek???????????Start With Why??? ???Paul Tough???????????How Children Succeed??? ???Daniel Gilbert?????????Stumbling on Happiness??? ???Dan Heath??????????Switch????? ???Amanda Ripley?????????????The Smartest Kids in the World??? ???David Shenk???????????The Genius in All of Us???

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. 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." The entries are concise and complete in themselves, but, read together, take on a transformative power.
??????????????,??????????????????????????,????????????????
In today's society, it is easy to get caught up in the daily droll of life and lose touch with your spirituality. Author Eckhart Tolle teaches us how to reignite that flame in his book, The Power of Now: A Guide to Spiritual Enlightenment. Since its publication in 1999, The Power of Now has sold over 2 million copies, and it's easy to see why: Eckhart's revolutionary insight into the return to spirituality has changed lives everywhere. p.p1 {margin: 0.0px 0.0px 10.0px 0.0px; text-align: justify; font: 11.0px 'Trebuchet MS'; color: #000000; -webkit-text-stroke: #000000} span.s1 {font-kerning: none} In the first chapter, Tolle presents a simple yet dynamic idea: that you are made up of your spirit and your mind, and they are separate from one another. He goes on to teach us how to free ourselves from the mind and introduces the concept that we are a source of our own pain. Again, a simple enough concept, but it's the groundbreaking revelation many people have found to help them break free from a bleak existence devoid of spirituality. Regardless of religious persuasion, The Power of Now is a great book for those who feel a need to return to their spirituality or those who have no background in spirituality and are curious. The book is masterfully written and expertly deconstructs the obstacles that often stand in the way of being a spiritually enlightened person. If you are intrigued by the idea of spirituality or want to return to a more enlightened state of being, pick up a copy of The Power of Now and discover how to move into the present.
??????????????????????????????? ??????????????????????4.5????? ????40???????
??????????????????????????????? ????????????????????????????????

??????????????????????????? ??????????????????????????? ????????????????????????????????????
????????????????????????? ????????????????????????????????????? ????????????????????????????????????
????????????????????????????? ?????????????????????????????????
??•??? ????????????
??
??
??
?? ???????•??
???——?????????????????????——????????????????????????? ?????
??? ????? ??
?????????????????????????——??•????????????????????????? ???
??——??•??????????????? ??•??
??——???•????????????????? ??•??
??——??•???????????????????? ????
??•???Michael A. Singer? 1971???1975
??
??
????????????????????????????????Mindfulness
Day?? ???? ??? ????????????????????????
??
???????
A young boy learns to overcome his fears by living in the present, rather than the past or the future.
????????????????????????????????——???? ??

???????????——???? ?????????????????????????? ????????????????????? ????•???????
????????????????????????????????????? ???? ??????????????????????????????——??????? ?
???•??
???
??????? ?? ??????
???????????? ???????????????????? ??????????????????????????? ???????????????
???????????? ???????????????? ???????????????????? ???????????? ????
????•???Eckhart Tolle? ??
??
??
??????????????????????????CD?DVD??????????????????A New Earth?????????The Power of Now??? ????? / ???
?????????????????????????????UCLA???MBA??? 2002????????????????????????????????????
???
?????????????????????????????????? ??????????????????????????? 2007???????????????
??2008?????????
???

Copyright: b2260b25e82a9ef186e1207b7ef490cf