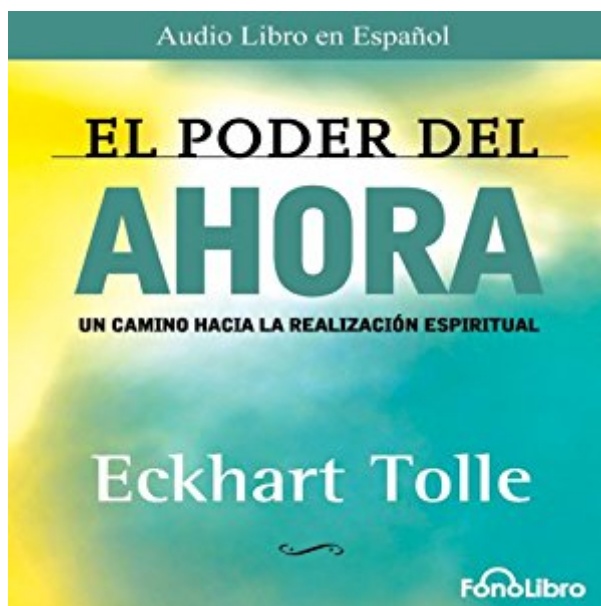


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El Poder Del Ahora (Texto Completo) [The Power Of Now]



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

Audible Audio Edition

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Customer Reviews

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

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!

~f~ç~ Â•Â Â¬~f~ Â ~,~ Â•

Me gusto mucho el libro, muy revelador, no me gust~f~ tantas referencias a Dios, pero me imagino que es difil encontrar otro nomre

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

Es una buena opci~f~ n para descubrir qui~f~ realmente eres. Es una experiencia ~f~nica donde puedes observar y encontrarle sentido a la vida.

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