



## Practicando el poder del ahora : enseñanzas, meditaciones y ejercicios esenciales extraídos de "El poder del ahora"

*Eckhart Tolle*

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### Practicando el poder del ahora : enseñanzas, meditaciones y ejercicios esenciales extraídos de "El poder del ahora" Eckhart Tolle

Practicing the Power of Now is a series of excerpts from The Power of Now carefully arranged to have a powerful impact that presents all of the exercises and many of the clearest, most useful keys that are currently buried in Eckhart Tolle's first great book.

The Power of Now has already proven to be one of the greatest books written in recent times. There is a power in the book that goes beyond words, and can lead us to a much quieter place beyond our thoughts where our thought-created problems dissolve, and we discover what it means to create a liberated life.

In Practicing the Power of Now, we have arranged a series of excerpts from The Power of Now that directly gives us those exercises and keys. Read this book slowly, reflect on the words, reflect even on the space between the words, and you'll discover something of life-changing significance. You'll find the power the ability to change and elevate not only your life, but your world as well.

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*Eckhart Tolle*

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Binding: Paperback

About the Author

Eckhart Tolle is rapidly emerging as a world-renowned spiritual teacher, beyond any particular religion or doctrine or guru. His book *The Power of Now* is already becoming a classic in its field, and he is filling major venues wherever he speaks around the world. He was born in Germany, where he spent the first 13 years of his life. After graduating from the University of London, he was a research scholar and supervisor at Cambridge University. When he was 29, a profound spiritual transformation virtually dissolved his old identity and radically changed the course of his life. The next decade was devoted to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey. For the past ten years he has been a counselor and spiritual teacher, working with groups in Europe and North America. He lives in Vancouver, British Columbia.

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