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*Tolle Eckhart*

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In *The Power Of Now* , Eckhart Tolle shared the enlightenment he experienced after a startling personal transformation. This companion book extracts the essence of his teachings about how to free oneself from enslavement of the mind. Through meditations and simple techniques, Eckhart shows readers how to quiet their thoughts, see the world in the present moment, and find the truest path to happiness.

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