



El Poder del Ahora: Un Camino Hacia La Realizacion Espiritual

By Eckhart Tolle, Margarita Matarranz

New World Library. Paperback / softback. Book Condition: new. BRAND NEW, El Poder del Ahora: Un Camino Hacia La Realizacion Espiritual, Eckhart Tolle, Margarita Matarranz, 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".



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**