



# **Eckhart Tolle for Beginners: Stop Negative Thinking in 7 Easy Steps: (7 Lessons 7 Exercises to Beat Pessimism with the Power of Now) (The Secret of Now Book 6)**

*A.J. Parr*

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**Eckhart Tolle for Beginners: Stop Negative Thinking in 7 Easy Steps: (7 Lessons 7 Exercises to Beat Pessimism with the Power of Now) (The Secret of Now Book 6) A.J. Parr**

**NEW EDITION! THE EASY GUIDE TO BEATING PESSIMISM WITH THE POWER OF NOW!**

**SEVEN BASIC LESSONS AND EXERCISES** to help you break the habit of negative thinking and begin to experience the *joy of Living* with the teachings of the celebrated German spiritual guide and bestselling author *Eckhart Tolle*.

Scientists estimate that in normal conditions a human being regularly has an average of 30,000 to 40,000 daily thoughts. About 80 percent of this daily thinking, as expressed by Eckhart is "*not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is also harmful.*"

According to research, depression is always preceded by repetitive negative thinking and not vice versa, and reducing the number of negative thoughts per day actually reduces both the frequency and intensity of depressive feelings and emotions!

These crucial findings constitute the starting point of the 7 Lessons and 7 Exercises contained in this beginner's guidebook, designed to help you break the habit of negative thinking with *The Power of Now!*

## **LESSON I: THE VALUE OF ADVERSITY**

Exercise: Stopping your Thoughts

Suggested videos

## **LESSON II: WE ARE WHAT WE THINK**

Exercise: Watching your Thoughts

Suggested videos

## **LESSON III: THE VOICE OF THE UNCONSCIOUS**

Exercise: Breath Meditation

Suggested videos

## **LESSON IV: REPETITIVE NEGATIVE THINKING**

Exercise: Feeling the Inner Body

Suggested videos

## **LESSON V: TRAPPED IN PAST AND FUTURE**

Exercise: Feeling the Timeless Gap

Suggested videos

## **LESSON VI: NEGATIVITY AND RESISTANCE**

Exercise: Surrendering to the Now

Suggested videos

## **LESSON VII: EXPERIENCING THE JOY OF LIVING**

Exercise: Beating Negative Thinking

Suggested videos

*Why wait any longer? Take a few minutes to read this brief and inexpensive guidebook and begin your transformation today! **Buy Now with 1-Click!***

***CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THIS BEST-SELLING SERIES BY A.J. PARR!***

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UNDERSTANDING ECKHART TOLLE WORKBOOK: 12 Lessons 12 Exercises to Stop Your Inner Chat and Experience The Power of Now! REVIEW: "I would say this book is 100% aligned with the works of Eckhart Tolle. Its purpose is to offer insight and practical exercises to help the reader to understand how to interrupt the constant 'chatter' of his/her mind..." (John)

### **\* VOLUME 2:**

ECKHART TOLLE AND BUDDHIST TALES OF LIGHT: 20 Tales To Help You Stop Your Inner Chat and Experience The Power of Now! REVIEW: "This book covers the simple truths to awakening in the form of short stories. Yes as the title states the parallel between what Eckhart Tolle and Buddha are conveying is brought out beautifully. Excellent book and highly recommended." (Bruce Johnson)

### **\* VOLUME 3:**

ECKHART TOLLE AND HINDUISM: TALES OF LIGHT To Help You Stop Your Inner Chat and Experience The Power of Now! REVIEW: Loved it! Anyone interested in Eckhart Tolle's teachings should read this book! (Thashmira Hemantha)

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**Lauren Barnett:**

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