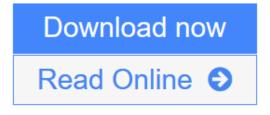


# Eckhart Tolle for Beginners: Stop Negative Thinking in 7 Easy Steps: (7 Lessons 7 Exercises to Beat Pessimism with the Power of Now) (The Secret of Now Book 6)

A.J. Parr



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A.J. Parr

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!

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Exercise: Stopping your Thoughts

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Exercise: Watching your Thoughts

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# LESSON III: THE VOICE OF THE UNCONSCIOUS

**Exercise: Breath Meditation** 

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Exercise: Feeling the Inner Body

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# LESSON V: TRAPPED IN PAST AND FUTURE

Exercise: Feeling the Timeless Gap

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#### LESSON VI: NEGATIVITY AND RESISTANCE

Exercise: Surrendering to the Now

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# LESSON VII: EXPERIENCING THE JOY OF LIVING

**Exercise: Beating Negative Thinking** 

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