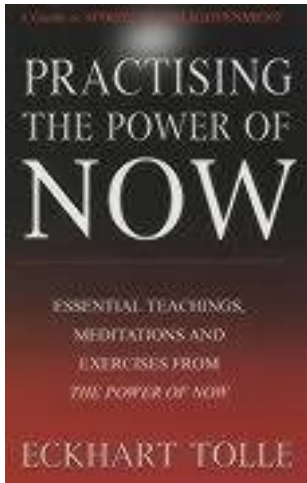


# Practising the Power of Now



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As Red magazine described it, THE POWER OF NOW is the 'must-read bible du jour'. Already a phenomenon in the States where it is the top-selling West Coast title, its success is fast translating around the world too. Eckhart Tolle's book describes the experience of heightened consciousness that radically transformed his life - and shows how by living in the moment we can also reach a higher state of being where we can find joy and peace and where problems do not exist. The invaluable companion volume - PRACTISING THE POWER OF NOW - contains all the essential techniques we need to start to put this important book into practice in our own lives. No reader will be complete without it.

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