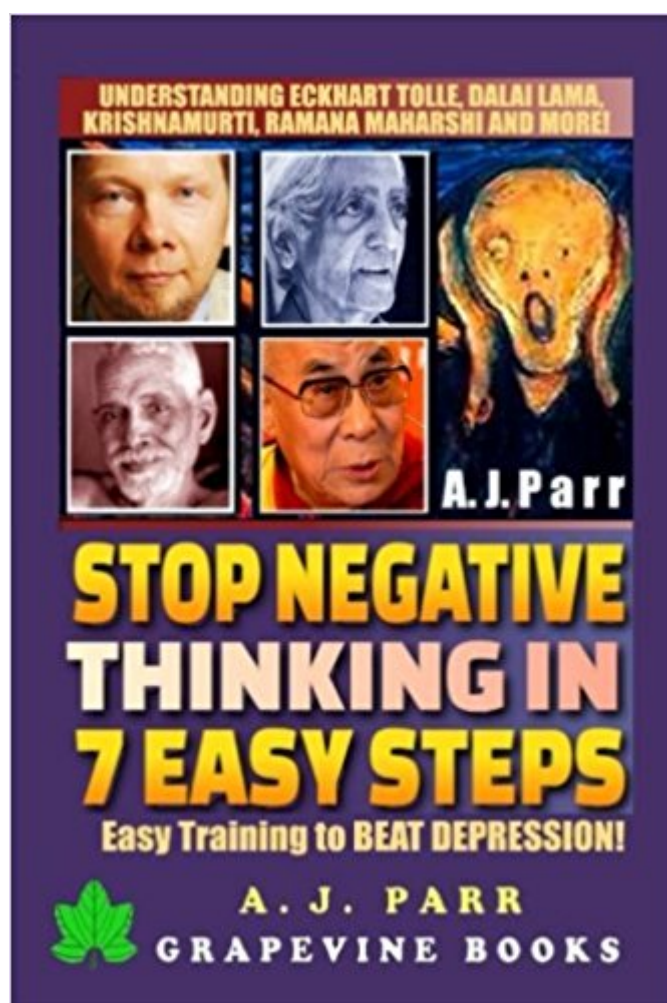


The book was found

Stop Negative Thinking In 7 Easy Steps: Understanding The Masters Of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti And More!



Synopsis

NEW EDITION! THE EASY BEGINNER'S GUIDE TO BEATING PESSIMISM! 7 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 Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Ramana Maharshi, Krishnamurti and more! . Scientists estimate that in normal conditions a human being regularly has an average of 30,000 to 40,000 daily thoughts. And 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 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!

Book Information

Paperback: 98 pages

Publisher: CreateSpace Independent Publishing Platform; 3 edition (April 14, 2016)

Language: English

ISBN-10: 1532756011

ISBN-13: 978-1532756016

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 25 customer reviews

Best Sellers Rank: #559,675 in Books (See Top 100 in Books) #80 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama](#) #798 in [Books > Religion &](#)

Customer Reviews

Excellent new guidebook to understand the basic teachings of Eckhart Tolle regarding the endless flow of negative thoughts and how to deal with it. Great lessons and exercises. I give it five stars! Chapters look at some issues such as how adversity can be valuable, watching our thoughts, and repetitive negative thoughts. Included also are helpful exercises to get you on the right path toward a more positive mindset. I particularly appreciated the very first exercise in the book--"stopping your thoughts." This is a meditative style exercise that will make you more aware of the types of thoughts you are having--most of them are actually dysfunctional, after all! There are also links to Eckhart Tolle's excellent videos, which are also quite constructive.

This book is a great resource to showcase how powerful your thoughts are. Negative thoughts can consume you and make you feel as though there is no way out. The author provides worthwhile exercises that you can perform daily to shed those negative thoughts and start experiencing the joys in life. I really enjoyed the Negativity and Resistance lesson. This lesson teaches you how to surrender to the now and reflect on the things occurring in your life. Once you can acknowledge and accept the aspects of your life, the process of reducing negative thoughts and growth are right around the corner. This is definitely a must read.

Excellent tools for helping you get a grip on yourself in a good way!

Oh liked this book due the added teaching by video. Someone with an anxious past or who obsesses needs to read this

We have found this book insightful clearly written overview of the concept of enlightenment and finding your authentic self a helpful guide line to the gurus

Very good reference to help you through challenging situations in life

A positive outlook on the negative industry.

Met all my expectations..

[Download to continue reading...](#)

Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more! Stop Negative Thinking in 7 Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Ramana Maharshi and more!): Easy Training to Beat Depression! (The Secret of Now Book 6) Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Meditation in 7 Easy Steps (7 Easy Lessons & Exercises For Beginners!): Understanding the Teachings of Eckhart Tolle, Dalai Lama, Krishnamurti, Maharishi ... Yogi and more! (The Secret of Now Book 5) Negative Calorie Diet: Calorie Zero to Size Zero!: (Negative Calorie, Negative Calorie Diet, The Negative Calorie Diet, Negative Calorie Foods, Negative Calorie ... in a week, the negative calorie diet book) The Dalai Lama : The Best Teachings of The Dalai Lama, Journey to a Happy, Fulfilling and Meaningful Life ! The Dalai Lama: Foreword by His Holiness The Dalai Lama BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) The Leap: The Psychology of Spiritual Awakening (An Eckhart Tolle Edition) The Eckhart Tolle Audio Collection (The Power of Now Teaching Series) Eckhart Tolle's Findhorn Retreat: Stillness Amidst the World Even the Sun Will Die: An Interview with Eckhart Tolle (Power of Now Teaching Ser.) The Eckhart Tolle Audio Collection Positive Thinking: 50 Positive Habits to Transform you Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) CRITICAL THINKING: A Beginner's Guide To Critical Thinking, Better Decision Making, And Problem Solving ! (critical thinking, problem solving, strategic thinking, decision making) Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking Empath: How to Stop Worrying and Eliminate Negative Thinking as a Sensitive Person (Empath Healing, Stress Reduction, Anxiety Relief, Phobia Relief) Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking

[Contact Us](#)

DMCA

[Privacy](#)

[FAQ & Help](#)