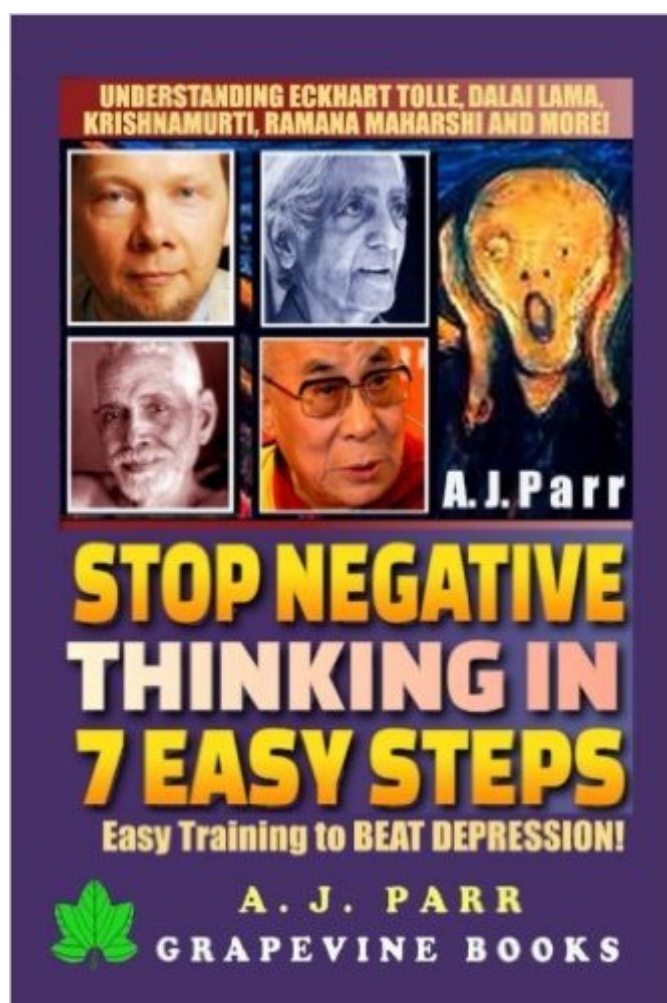


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# Stop Negative Thinking In 7 Easy Steps: Understanding The Masters Of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti And More!



## 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

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## 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.

is why I have read this book. The negative controls me and consumes me so I try to have an open mind. I cheer anyone who can achieve these goals. I have taken many courses in my selective fields of study.....Corrections Science and Drug and Alcohol Counselor never finishing g the latter.I would recommend this book for those esp with mental past hangups or brain torture is what I call my thoughts. Great read for even the happiest of people bc to me no one is perfect and non one is beyond learning more today than they did yesterday. Now if I only could find the will for my here and now in my own inner strength. Thank you....good job!!!

Very good reference to help you through challenging situations in life

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

Met all my expectations..

Great quick read. I will definitely be applying the advice here in my daily life.

a positive little book to stop the ole negs...very helpful....el fed

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