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In this book, the author, Eckhart Tolle, leads us to find that we have been always under the control of our brains or thinking, and as a result, we live in a situation where we always worry about time. Not only can we not forget about the past, we also worry about the future. But in reality, we can only live in the present, live in the moment and all that happening is in the moment. And as to the future, it's just a concept of time that makes no sense. Only by surrendering yourself to the present, can you find a real power, peace and a peaceful entrance, where we can find true happiness and embrace our true self.



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