



# Living the Liberated Life and Dealing with the Pain Body (Power of Now Teaching Ser.)

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# Living the Liberated Life and Dealing with the Pain Body (Power of Now Teaching Ser.)

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**Living the Liberated Life and Dealing with the Pain Body (Power of Now Teaching Ser.)** Eckhart Tolle  
Somewhere between the past and the future lies a dimension that is free of problems, free of suffering, free of conflict. This is the essence of all the world's spiritual teachings. And it is available to you now, in the moment you read this. In *Living the Liberated Life and Dealing with the Pain-Body*, bestselling author Eckhart Tolle points a way out of the conditioned mind that keeps us trapped, helpless, and unhappy. In simple language, he describes a deeper level of consciousness beyond the limited thinking mind, and the way to make it available to you. He teaches that only by fully accepting this moment in time can you free yourself from the pain-body, the accumulated pain of your past, and from your fears about the future. Once you achieve this state of presence, a radical inner transformation begins that connects you with an infinite potential that defies the human mind. Warmly shared, in the authentic voice that has brought him international acclaim, here is Eckhart Tolle's simple and profound gift to us, at a time when our world needs it most.

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