



The Power of Now

by Eckhart Tolle · 1997 · 236 pages

In one line: Most suffering is the mind replaying the past or rehearsing the future. Notice the thinking, return to this moment, and the suffering loses its fuel.

Is it worth your time? Yes if you overthink and have never tried presence practice; read it slowly, a few pages a night. Skip it if you want a method or science; the three practices in this summary are the whole toolkit.

Try this week: five things to do

- 1 Three times a day, when you notice a thought loop, name it ("planning", "replaying") and feel your feet for ten seconds.
- 2 Pick one daily chore and do it with full attention, no phone, no podcast, for a week.
- 3 When irritation rises, say silently "this is the pain-body" and wait two minutes before responding.
- 4 Ask once a day: is there a problem right now, in this minute? Usually there is not.
- 5 Keep the book by the bed and read two pages instead of scrolling, for a week.

Tick each one off. When you miss a day, do the two-minute version the next day. Never miss twice.