

WHAT IS THE SECRET OF HAPPINESS? How can you avoid depression, suffering and dissatisfaction? What is the best way of dealing with unhappy or stressful situations? And how can you stop your negative thinking from continuously sabotaging your own life? The answer is simple, according to the celebrated twentieth-century Indian sage Sri Ramana Maharshi (1879-1950), developer of SELF-INQUIRY MEDITATION, a practical method we can use to avoid negative thinking and begin to experience everlasting happiness and inner peace. SELF-INQUIRY MEDITATION can be practiced by anyone and only requires brief training, It does not require changing religions or adopting new rituals, creeds or beliefs! You can practice it at home, work and practically anywhere. It is ideal for busy workers, people raising a family, artists, scientists, technicians, sportsmen, intellectuals, students or people like you who are reading these lines. And you can easily apply it when working or performing your daily activities. WHAT THIS BOOK CAN SHOW YOU: \*Why happiness and inner peace are our true nature. \*How our thoughts prevent us from experiencing our true nature. \*What is the essence of our repetitive negative thoughts. \*How our repetitive negative thoughts affect our lives. \*Who or what controls our negative repetitive thinking. \*How to deal with negative thinking and avoid its influence. \*How to dissolve our negative thoughts as soon as they appear. \*How to experience your true Self and embrace life as it is. \*How to deal with unhappy or stressful situations in life. \*How live a positive life, leaving your negativity behind. \*How to find everlasting happiness and inner peace within you. \*How to attain Self-knowledge and Self-realization. \*And more! **CLICK ON LOOK INSIDE TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THE SERIES! T H E S E C R E T O F N O W S E R I E S : \* V O L U M E 1** Understanding Eckhart Tolle Workbook: 12 Lessons 12 Exercises to Stop Your Inner Chat and Experience The Power of Now! \* V O L U M E 2 Eckhart Tolle and Buddhist Tales of Light: 20 Tales To Help You Stop Your Inner Chat and Experience The Power of Now! \* V O L U M E 3 Eckhart Tolle and Hinduism: Tales of Light To Help You Stop Your Inner Chat and Experience The Power of Now! \* V O L U M E 4 Eckhart Tolle and Christian Meditation: The Secret Teachings of Jesus and the Gospel's Hidden Meaning Revealed (Beginner's Guide) \* V O L U M E 5 Understanding Deepak Chopra: Meditation in 7 Easy Steps (7 Lessons 7 Exercises - The Beginner's Guide to Meditation and Inner Peace) \* V O L U M E 6 Self-Inquiry Meditation: Stop Your Negative Thinking (7 Lessons 7 Exercises -The Beginner's Guide to Beating Negativity and Attaining Inner Peace!)

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