

For Immediate Release

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THERE'S NO QUICK FIX WHEN IT COMES TO INTEGRATING THE EGO... ...in spite of Oprah's special guest Eckhart Tolle's message

Dr. Jennifer Howard, internationally known licensed psychotherapist, feels that followers of Eckhart Tolle's message will come up short in the long run. Tolle, a weekly guest on Oprah.com, gave viewers much to consider. Dr. Howard applauds his desire to help people on their spiritual journey; however, her concern is that after the series concludes, viewers will soon discover that something is still missing in the pursuit of wholeness. As a professional speaker with over twenty years of teaching the spiritual path toward freedom, Dr. Howard suggests, for most, there is more than what Tolle's book *A New Earth* imparts.

Dr. Howard advises that jumping over or dismissing the ego can lead to confusion. She is grateful that Tolle has begun a much needed conversation and surge of interest in spiritual growth. Her unease is that after trying to sustain being "in the now," many will become frustrated and give up instead of taking the time to do the necessary work. Like Tolle, there are many teachers that speak of the need to rid the ego, but Dr. Howard teaches that this can be a futile endeavor. Conversely, working *with* the ego and our humanity we integrate into a consciousness that is healed enough to tolerate whatever life brings. This develops personal maturity and an unshakable sense of "self" that allows the relaxation of the ego, which actually helps sustain being "in the now."

Over the years, Dr. Howard has been frequently seen as an expert and featured guest on national television shows including, *The Maury Povich Show*, *Turning Point*, *America's Talking*, *Rolanda*, *Charles Perez*, *Les Brown* and others. Her forthcoming book, *Changes That Last*, based on her lectures, informs her audience that the quick fix is not realistic and will only cause frustration. Tolle has been put on such a high pedestal that it could be difficult for people to question and wonder about the message. Dr. Howard encourages questioning and exploration in everyone's journey toward being their best self.

About the Author

Jennifer Howard, Ph.D. is an internationally known licensed psychotherapist, Integrated Kabbalistic Healer®, Integrated Energy Healer, life coach, author and professional speaker. She is a co-founder of the Healing Path Center and maintains a private practice with offices in New York City and Huntington, L.I., New York, as well as an extensive phone practice. Dr. Howard brings together over twenty years of experience, extensive training and expertise in mind-body psychology, meditation, and a variety of the healing arts. She has been a faculty member of the graduate studies program of A Society of Souls and is currently a supervisor. For more information go to www.drjenniferhoward.com, who is available for interviews.