

The Return Of Merlin Deepak Chopra

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The Way of the Wizard - Deepak Chopra, M.D. 2009-09-02 The author of the acclaimed New York Times bestsellers

The Seven Spiritual Laws of Success and Ageless Body, Timeless Mind now presents a guide to using spiritual alchemy for awakening the magic in everyday life.

The Path to Love - Deepak

Chopra, M.D. 1998-01-12

NEW YORK TIMES

BESTSELLER • A remarkable fusion of Eastern wisdom and Western practicality that offers strategies for clearing away the obstacles to love your life, for restoring the boundless soul of love, and for finding romance that will last a lifetime. Drawing on the Vedic texts of India and other great wisdom traditions, Dr. Deepak Chopra describes the seven stages of love,

beginning and culminating in ecstasy. At each stage we hear stories like those of Clare, who only falls in love with unattainable men; of Frankie and Della, whose eight-year-old marriage has become a battleground of distrust; and of Gail and Jarrett, who near retirement without understanding how they will fit together into their new lives. As we see these couples overcome their obstacles, and as we work through a series of specific exercises, we anchor these lessons in our own experience. We all know the only way to enjoy the ecstasy of true romance for a lifetime is first to discover love within ourselves,

but this task has often proved too difficult. Until now. In *The Path to Love*, you will find an astonishing blueprint to the uncharted territory of your own heart. First, Dr. Chopra orients us with timeless wisdom and contemporary real-life examples, then guides us step by step on the path to love. And once we discover the love inside ourselves, we start to see it everywhere—in lovers, husbands, wives, mothers, fathers, brothers, sisters, friends—until our own lives become self-sustaining acts of passion, romantic and fulling and miraculous.

[The Seven Spiritual Laws of Success](#) - Deepak Chopra

2010-03-29

In *The Seven Spiritual Laws of Success*, Deepak Chopra distills the essence of his teachings into seven simple, yet powerful principles that can easily be applied to create success in all areas of your life. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life,

and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. "A must-read for anyone who missed *The Prophet*, by Kahlil Gibran."

– The New York Times

Metahuman - Deepak Chopra, M.D. 2019-10-01

Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest

peak experiences so we can see our truth and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, attending physician, New York–Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of

awareness where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or

meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite

potential become your personal reality.

The Daughters of Joy - Deepak

Chopra, M.D. 2003-09-02

An inspiring story of the search for love and redemption from

Deepak Chopra, the “poet-prophet of alternative medicine”

(Time) and New York Times

bestselling author of *The*

Healing Self. Jess Conover is

going about his daily grind as

an aspiring writer in Boston

when he finds a classified ad in

the newspaper he believes is

meant specifically for him: Love

has found you. Tell no one, just

come. His odyssey takes him to

a school run by a group of

women who call themselves the

Daughters of Joy—and who will

open Jess’s heart up to a world

he never envisioned could

exist...

Magical Beginnings, Enchanted

Lives - Deepak Chopra, M.D.

2005-03-22

A much-needed antidote to our modern, assembly-line

approach to childbirth, this new

book is designed as a guide for

all who wish to participate in the

wondrous process of bringing

new life into the world. Its ideas

derive from two sources: the

ancient wisdom of Ayurveda,

with its emphasis on body,

mind, and spirit, and the latest

Western scientific prenatal

research. By integrating the

best information from these two

very different perspectives, this

remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. *Magical Beginnings, Enchanted Lives* is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare

parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

On My Way To A Happy Life -
Deepak Chopra, MD
2010-11-01

What if you could teach your children 7 lessons that would help them on their way to a

happy and successful life? With Deepak Chopra's *On My Way to a Happy Life*, you can do just that! The ideas found inside this book are the the most timeless laws of the universe, presented in the simplest of terms for young children. When kids understand the way the world works from a spiritual point of view, it makes it easier for them to navigate through it with joy and love and happiness.

Ageless Body, Timeless Mind -

Deepak Chopra, M.D.

2009-02-04

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not

have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.

The Return of Merlin - Deepak

Chopra 1995-08

Golf for Enlightenment - Deepak

Chopra, M.D. 2003-03-04

Deepak Chopra has discovered the delights—and frustrations—of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf professionals and developed a new approach to the game that any golfer can follow—from the novice to the expert. The results can be measured not only in increased enjoyment and skill, but also in greater wisdom about life beyond the 18th hole. Chopra's own game has improved dramatically since incorporating the elements of

his program. Instead of focusing on the mechanics of a “perfect” swing, Chopra reveals how golf can be mastered through mindfulness, a form of awareness that combines sharp focus and relaxation at the same time. Expanded awareness, he tells us, can accomplish much more than external mechanics to improve one's game. But *Golf for Enlightenment* is also an engrossing story about Adam, an Everyman who is playing a terrible round of golf when he meets a mysterious young teaching pro named Leela. In seven short but profound lessons detailing spiritual strategies, she teaches Adam

the essence of a game that has much to explain about life itself. Chopra has spent the last year taking the unique message in Golf for Enlightenment nationwide, teaching the essential tenets of his program at lectures and seminars to golfers everywhere. His message continues to help players turn an obsession into a positive life path.

Spiritual Solutions - Deepak Chopra 2012

Demonstrates how to navigate life challenges in four common areas including relationships, success, health, and personal growth, providing compassionate recommendations for achieving

balance and handling conflicts.

The Spontaneous Fulfillment of Desire - Deepak Chopra, M.D.

2004-08-12

As elegant as his bestselling

How to Know God and as

practical as his phenomenal

The Seven Spiritual Laws of

Success, this groundbreaking

new book from Deepak Chopra

contains a dramatic premise:

Not only are everyday

coincidences meaningful, they

actually provide us with

glimpses of the field of infinite

possibilities that lies at the heart

of all things. By gaining access

to this wellspring of creation, we

can literally rewrite our destinies

in any way we wish. From this

realm of pure potential we are

connected to everything that exists and everything that is yet to come. “Coincidences” can then be recognized as containing precious clues about particular facets of our lives that require our attention. As you become more aware of coincidences and their meanings, you begin to connect more and more with the underlying field of infinite possibilities. This is when the magic begins. This is when you achieve the spontaneous fulfillment of desire. At a time when world events may leave us feeling especially insignificant and vulnerable, Deepak Chopra restores our awareness of the awesome

powers within us. And through specific principles and exercises he provides the tools with which to create the magnificent, miraculous life that is our birthright.

The Seven Spiritual Laws of Success - Deepak Chopra, M.D. 2015-01-10

This is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true.

Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Deepak Chopra offers a life-altering perspective on the attainment of

success: When we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, and material abundance spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this pocketbook edition of Chopra's classic bestselling book makes it easy for you to read and refer to again and again. Carry it with you in your purse or your pocket, and in less than one hour, learn the seven powerful principles that can easily be applied to create success in all areas of your life.

The Return of Merlin - Deepak

Chopra, M.D. 1996-03-05

The author of the million-copy best-seller *Ageless Body, Timeless Mind* emerges as a powerful new force in fiction with a luminously written novel about the final act of the Arthurian legend playing out in modern England. *The Return of Merlin* is a brilliantly realized narrative that begins in Arthurian times and jumps boldly to our own 20th-century dark age of war, pollution, predation, and hatred--with a message of hope.

Unconditional Life - Deepak

Chopra, M.D. 2011-06-08

Deepak Chopra, M.D., has emerged as one of the most powerful leaders in the

revolutionary field of mind/body medicine. His extraordinary bestseller *Quantum Healing* explored the mind's connection to seemingly miraculous cures for cancer and other serious illnesses. Now, in *Unconditional Life*, he undertakes an even greater challenge: to explain how consciousness can lead the way to total freedom and perfect health. *Unconditional Life* brings together disciplines ranging from modern physics and neuroscience to the ancient traditions of Indian wisdom to show how our perceptions create our reality for good or ill-- and how the outside world can be shaped by altering the world within. In a book filled with hope

and inspiration, Dr. Chopra offers compelling proof of the power of consciousness and a daring new vision of our own unlimited potential.

The Return of Merlin - Deepak Chopra 1995-05

Restful Sleep - Deepak Chopra 1996

Draws on the principles of mind-body medicine to help readers cope with sleep problems, eliminate the causes of insomnia, and create a balanced body and mind. Reprint. 25,000 first printing.

New Choices in Natural Healing - Bill Gottlieb 1997-09-02

An informative guide to alternative therapy by the use of

aromatherapy, yoga, sound therapy, acupuncture, massage therapy, and other methods that will aid in relieving such problems as acne, insomnia, menstrual problems, stress, and much more. Reprint.

The Return of Merlin - Deepak Chopra 1995

Dramatic fantasy novel in which characters from legendary Camelot come to life in an English Industrial town. The author's other publications include 'Restful Sleep' and 'The Seven Laws of Success, and the bestselling 'Ageless Body, Timeless Mind'.

The Book of Secrets - Deepak Chopra, M.D. 2005-09-27

"The Book of Secrets is the

finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of A Brief History of Everything We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides

an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated

fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

Peace Is the Way - Deepak

Chopra, M.D. 2005-12-27

“There is no way to peace, peace is the way.” This

statement has never been more

true. Now, Deepak Chopra expands on A. J. Muste's insight, teaching us how to expand awareness, stop reacting out of fear, and reject war—one person at a time. As Dr. Chopra says, "Violence may be innate in human nature, but so is its opposite: love. The next stage of humanity, the leap we are poised to take, will be guided by the force of that love."

Life After Death - Deepak

Chopra, M.D. 2008-09-16

What happens to the spirit after the body dies? In Life After Death, Deepak Chopra draws on cutting-edge scientific discoveries and the great wisdom traditions to provide a

map of the afterlife. He tells us there is abundant evidence that "the world beyond" is not separated from this world by an impassable wall; in fact, a single reality embraces all worlds, all times and places. "A must-read for everyone who will die." —Candace B. Pert, Ph.D., author of Molecules of Emotion "A penetrating and insightful investigation into the greatest mystery of existence. This is an important book because only by facing death will we come to a deeper realization of who we are." —Eckhart Tolle, author of A New Earth and The Power of Now "If I had any doubts about the afterlife, I don't have them anymore. Deepak Chopra has

cast his inimitable light on the darkened corners of death. I think this is his greatest contribution yet.” –Marianne Williamson, author of *The Age of Miracles* and *The Gift of Change*

What Are You Hungry For? -
Deepak Chopra, M.D.
2014-12-30

The basis for the PBS Special, *What Are You Hungry For?* is the breakthrough book that can bring weight under effortless control by linking it to personal fulfillment in every area of a reader's life. After promoting this message worldwide for thirty years, bestselling author Deepak Chopra focuses on the huge problem of weight control

in America with exciting new concepts. What are you hungry for? Food? Love? Self-esteem? Peace? In this manual for "higher health," based on the latest findings in both mainstream and alternative medicine, Deepak Chopra creates a vision of weight loss based on a deeper awareness of why people overeat - because they are trying to find satisfaction and wind up using food as a substitute for real fulfillment. Repudiating the failed approaches of crash dieting and all forms of deprivation, Chopra's new book aims directly at the problem of finding fulfillment. When that problem is solved, he argues,

normal eating falls into place automatically, and the entire system of mind and body achieves what it really desires. “Everyone’s life story is complicated, and the best intentions go astray because people find it hard to change,” writes Chopra. “Bad habits, like bad memories, stick around stubbornly when we wish they’d go away. But you have a great motivation working for you, which is your desire for happiness. I define happiness as the state of fulfillment, and everyone wants to be fulfilled. If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: “What am

I hungry for?” Your true desire will lead you in the right direction. False desires lead in the wrong direction.” Wherever you are in life, this book will help point you in that right direction.

You Are the Universe - Deepak

Chopra, M.D. 2018-09-04

NEW YORK TIMES

BESTSELLER • Deepak

Chopra joins forces with leading physicist Menas Kafatos to explore some of the most important and baffling questions about our place in the world. "A riveting and absolutely fascinating adventure that will blow your mind wide open!"

—Dr. Rudolph E. Tanzi What

happens when modern science

reaches a crucial turning point that challenges everything we know about reality? In this brilliant, timely, and practical work, Chopra and Kafatos tell us that we've reached just such a point. In the coming era, the universe will be completely redefined as a "human universe" radically unlike the cold, empty void where human life is barely a speck in the cosmos. You Are the Universe literally means what it says-- each of us is a co-creator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some

key mysteries cannot be solved, even though they are the very issues that define reality itself: • What Came Before the Big Bang? • Why Does the Universe Fit Together So Perfectly? • Where Did Time Come From? • What Is the Universe Made Of? • Is the Quantum World Linked to Everyday Life? • Do We Live in a Conscious Universe? • How Did Life First Begin? “The shift into a new paradigm is happening,” the authors write. “The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with

mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change.” What these two great minds offer is a bold, new understanding of who we are and how we can transform the world for the better while reaching our greatest potential.

Deepak Chopra's The Angel is

Near - Deepak Chopra

2000-08-15

One of the great spiritual teachers of our time... Deepak Chopra's books on human spirituality have been phenomenal international bestsellers. Now, the author of Ageless Body, Timeless Mind, The Seven Spiritual Laws of

Success, and the Way of the Wizard, creates an extraordinary fiction series built on his insights into the divine.

With gripping storytelling power, The Angel is Near plunges us into a modern, globe-spanning thriller of epic proportions.

Instead of guns and bombs, the weapons in this novel are far more powerful: good and evil.

And at stake is the very future of humankind. ...Unleashes a

saga of courage, terror and

revelation In a burned out village in Kosovo, two soldiers

are struck down by a flash of blinding light...In New York

state, a doctor runs to help a stricken neighbor, only to be

charged with the bloody murder

of the man he came to save...In a Nevada laboratory, a cynical scientist analyzes a bizarre life form-and discovers the impossible...All the around the world the fabric of reality is unraveling. Scientists scramble to understand it. Ordinary people confront bizarre, terrifying phenomena. And an American doctor named Michael Aulden stands at ground zero in a war of the body, mind and soul-as humankind must choose between the goodness that has always been ours, or the evil that has found a home on earth... Deepak Chopra's The Angel Is Near End the Struggle and Dance with Life - Susan Jeffers

1997-04-15

The author of the bestselling classic Feel the Fear and Do It Anyway now provides readers with the tools and the concepts they need to attain a greater peace of mind and embrace the beauty around and within them. "With love, candor, and clarity, Susan Jeffers inspires us to fully live every moment of our lives".--Barbara De Angelis, author of Real Moments.

Total Meditation - Deepak Chopra, M.D. 2020-09-22

The definitive book of meditation that will help you achieve new dimensions of stress-free living For the past thirty years, Deepak Chopra has been at the forefront of the

meditation revolution in the West. Total Meditation offers a complete exploration and reinterpretation of the physical, mental, emotional, relational, and spiritual benefits that this practice can bring. Deepak guides readers on how to wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are. Readers will undergo a transformative process, which will result in an awakening of the body, mind, and spirit that will allow you to live in a state of open, free, creative, and blissful awareness twenty-four hours a day. With this book,

Deepak elevates the practice of meditation to a life-changing quest for higher consciousness and a more fulfilling existence. He also incorporates new research on meditation and its benefits, provides practical awareness exercises, and concludes with a 52-week program of meditations to help revolutionize every aspect of your life.

How to Know God - Deepak Chopra, M.D. 2001-02-20

You don't have to believe in God in order to experience God. --- Deepak Chopra The celebrated author of *Ageless Body, Timeless Mind* and *The Seven Spiritual Laws of Success* has written his most

ambitious and important work yet, a runaway international bestseller that has inspired hundreds of thousands of readers to rethink their concept of God. According to Chopra, the brain is hardwired to know God. The human nervous system has seven biological responses that correspond to seven levels of divine experience. These are shaped not by any one religion (they are shared by all faiths), but by the brain's need to take an infinite, chaotic universe and find meaning in it. How to Know God describes the quest each of us is on, whether we realize it or not. For, as Chopra puts it, "God is our highest instinct to

know ourselves." This book makes a dramatic and enduring contribution to that knowledge.

The Book of Shiva - Saurav Mohapatra 2007

Originally published in comic book form.

Quantum Healing (Revised and Updated) - Deepak Chopra, M.D. 2015-11-17

THE LANDMARK

BESTSELLER—NOW

COMPLETELY REVISED AND

UPDATED More than twenty-

five years ago, Quantum

Healing helped transform

Deepak Chopra into a cultural

phenomenon. Now Dr. Chopra,

hailed by Time as “the poet-

prophet of alternative

medicine,” returns to this

groundbreaking exploration of consciousness and the power of mindfulness, adding the latest scientific research as well as expanded thoughts on the connection between body and mind. Inspired by the unexplained recovery of patients in his own practice who had been given just a few months to live, Dr. Chopra began his search for answers. After returning to his native India to explore humanity's most ancient healing tradition, Ayurveda, he combined those insights with Western medicine, neuroscience, and physics. What he discovered—a “network of intelligence” in the human body with the potential to defeat

cancer, heart disease, even aging itself—forms the basis of Quantum Healing. In this new edition, Dr. Chopra once again offers a fascinating intellectual journey and a deeply moving chronicle of hope and healing. Praise for Quantum Healing “Quantum Healing didn't set out to cure cancer or Alzheimer's or any other intractable disease. It set out to see the human body, and human existence in general, through wiser eyes. As a scientist I'm passionate about genes and the brain; as a person I'm totally fascinated by the origins of consciousness. Quantum Healing galvanized my intuition that these areas do not have to be separated.”—Dr.

Rudolph Tanzi, from the new foreword “Deepak Chopra illuminates our true innate capacity for healing, growth, and evolution. With the wisdom of an experienced doctor, girded by science, he guides us to reclaim our natural power towards thriving. Chopra’s work is paradigm-changing for medicine and helpful beyond measure for every human being seeking to evolve, flourish, and know our true nature.”—Lisa Miller, Ph.D., author of *The Spiritual Child* and director of clinical psychology, Teachers College, Columbia University
Overcoming Addictions - Deepak Chopra, M.D.
1998-03-24

Praise for Deepak Chopra, M.D.: "A new medicine is in the making, one in which mind, consciousness, meaning, and intelligence play key roles. One of the architects of the new medicine is Dr. Chopra, a credentialed, respected physician who has 'paid his dues' as a modern doctor."
Larry Dossey, M.D., author of *Healing Words* "Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research." Irv Kupcinec, Chicago Sun-Times "We can't help wishing he lived close enough to make house calls." Judith Hooper, New York Times Book

Review "Dr. Chopra's writing has great beauty, great power, great delight, and much common sense" Courtney Johnson, author of *Henry James and the Evolution of Consciousness* "Dr. Chopra presents us with information that can help us live long, healthy lives." Bernie Siegel, M.D., author of *Love, Medicine and Miracles*

The Ultimate Happiness Prescription - Deepak Chopra, M.D. 2009-11-17

Happiness is something everyone desires. Yet how to find happiness—or even if we deserve to—remains a mystery. Still more mysterious is the secret to a lasting happiness

that cannot be taken away. In *The Ultimate Happiness Prescription*, bestselling author Deepak Chopra shows us seven keys to uncover the true secrets of joy in the most difficult times. The goal of life is the expansion of happiness, he contends. But in today's demanding world, that goal seems elusive, if not impossibly out of reach. Society reinforces the belief that fulfillment comes from achieving success, wealth, and good relationships. Yet Chopra tells us that the opposite is true: all success in life is the by-product of happiness, not the cause. So what is the cause? *The Ultimate Happiness Prescription* shares

spiritual principles for a life based on a sense of your “true self” lying beyond the ebb and flow of daily living. Simple daily exercises lead to eliminating the root causes of unhappiness and letting a deeper level of bliss unfold. After all avenues to happiness have been explored and exhausted, only one path is left: the journey to enlightenment. In *The Ultimate Happiness Prescription*, the daunting and exotic challenge of finding enlightenment becomes accessible step by step. We are taken on an inspiring journey to the true self, the only place untouched by trouble and misfortune. On the way we learn the secrets for

living mindfully and with effortless spontaneity. Now happiness is no longer hostage to external events but an experience we carry with us always. As Chopra inspiringly concludes, “Everything we fear in the world and want to change can be transformed through happiness, the simplest desire we have, and also the most profound.”

Fire in the Heart - Deepak Chopra 2004-05

Offers young adult readers an inspirational tale designed to encourage spiritual thinking and a connection with a higher power. 100,000 first printing.

**Reinventing the Body,
Resurrecting the Soul** - Deepak

Chopra, M.D. 2010-10-05
Deepak Chopra presents ten lessons to help build awareness and change the distorted energy patterns that are the root cause of aging, infirmity, and disease. Fifteen years after his #1 New York Times bestseller, *Ageless Body, Timeless Mind*, Deepak Chopra revisits "the forgotten miracle"—the body's infinite capacity for change and renewal. You cannot take advantage of this miracle, Chopra says, unless you are willing to completely reinvent your body, transforming it from a material object to a dynamic, flowing process. "Your physical body is a fiction," Chopra

contends. Every cell is made up of two invisible ingredients: awareness and energy. Transformation can't stop with the body, however; it must involve the soul. The soul—seemingly invisible, aloof, and apart from the material world—actually creates the body. Only by going to the level of the soul will you access your full potential, bringing more intelligence, creativity, and awareness into every aspect of your life. *Reinventing the Body, Resurrecting the Soul* delivers ten breakthroughs—five for the body, five for the soul—that lead to self-transformation. In clear, accessible terms, Chopra shows us how to commit

ourselves to deeper awareness, focus on relationships instead of consumption, embrace every day as a new world, and transcend the obstacles that afflict body and mind. Deepak Chopra has inspired millions with his profound teachings over the years. His bestselling books have explored the mind/body connection and the power of spirit. With his latest book, he invites you to experience with him the miracles that unfold when we connect the body directly to the awesome mysteries that give life meaning—directly to the soul. When you have completed this journey, after reinventing your body and resurrecting your soul,

the ecstasy of true wholeness becomes possible for the very first time.

Perfect Health--Revised and Updated - Deepak Chopra, M.D.
2001-02-20

NATIONAL BESTSELLER •

The classic guide to using Ayurveda to harness the healing power of the mind—now revised with updated medical research. Translated as “the knowledge of life span” in Sanskrit, Ayurveda is the 5,000-year-old medical system from ancient India that has been validated by modern breakthroughs in physics and medicine. Deepak Chopra’s Perfect Health is the original guide to applying the ancient

wisdom of Ayurveda to everyday life. Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body.

Perfect Health provides a complete step-by-step program of mind body medicine tailored to individual needs. A quiz identifies the reader's mind body type: thin, restless Vata; enterprising, efficient Pitta; tranquil, steady Kapha; or any combination of these three. This body type becomes the basis for a specific Ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. The result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to

transcend the ordinary limitations of disease and aging—in short, for achieving Perfect Health.

The Sadhu - Gotham Chopra 2007

Sadhus do not know love or hate, desire or fear. They are detached from all emotional ties, devoting themselves to a spiritual journey said to unleash unimaginable powers. It is this ancient tradition that James Jenson is fated to tread but he must first tackle his biggest obstacle yet - himself. When James Jenson, a down-on-his-luck Englishman, is recruited into her majesty Queen Victoria's army and posted with his family in Colonial India, he

takes the first step towards meeting his destiny. But a tragic twist of fate sends James on a journey that will force him to choose between spiritual awakening and human instinct, guiding him from a simple soldier to a spiritual warrior. Between oath and instinct there is *The Sadhu*.

The Soul of Leadership - Deepak Chopra 2010

Looks at great leaders of the past and focuses on the key qualities, including their spiritual attributes, that made them successful, and lays out an action plan for understanding and mastering these qualities.

Creating Affluence - Deepak Chopra 2010-08-12

In this remarkable book lies the secret to fulfillment on all levels of our lives... With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence. According to Chopra, affluence is our natural state, and the entire physical universe with all its abundance is the offspring of an unbounded, limitless field of all possibilities. Through a series of A-to-Z steps and everyday actions, we can learn to tap into this field and create anything we desire. From becoming Aware of all possibilities to experiencing Zest and joy in life, these uncommon insights

gently foster the wealth consciousness needed to create wealth effortlessly and joyfully.

The Seven Spiritual Laws of Success - Deepak Chopra

2009-04

Self help.

The Seven Spiritual Laws for Parents - Deepak Chopra, M.D.

2006-03-28

The Seven Spiritual Laws of Success was a phenomenon that touched millions of lives. Its author, Deepak Chopra, received thousands of letters from parents who expressed the desire to convey the principles they had learned to their children, along with questions about how to do so. The Seven Spiritual Laws for Parents is Dr.

Chopra's answer to those parents who wish to raise children with values that satisfy spiritual needs as well as create the experience of abundance. Exploring specific ways to practice the Seven Spiritual Laws as a family, Chopra explains how to convey these laws to children, and how to embody them in age-specific activities each day. The Seven Spiritual Laws for Parents moves us beyond a focus on private triumphs and failures to experience the spiritual nature of communion with family, to share with those closest to us the infinite riches of innocence and love. The deepest nurturing you can give your child is

spiritual nurturing. There are seven simple sayings that can have a profound impact on your child's life. • Everything is possible. • If you want to get something, give something. • When you make a choice, you change the future. • Don't say no—go with the flow. • Every time you wish or want, you plant a seed. • Enjoy the journey. • You are here for a reason. Raised with these insights, every child can obtain the success that comes from having the most valuable skills anyone can possess: the ability to love and have compassion, and the capacity to feel joy and spread it to others. In this essential work for every parent,

Deepak Chopra reflects on his experiences as a father as well as his own spiritual journey and offers profound and practical

ways for sharing these principles with your children. Also available as a Random House AudioBook