

# Deepak Chopra Spiritual Solutions

A manual for relating to the brain in a revolutionary new way, *Super Brain* shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: bestselling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's. They have merged their wisdom and expertise for a bold new understanding of the "three-pound universe" and its untapped potential. In contrast to the "baseline brain" that fulfills the tasks of everyday life, Chopra and Tanzi propose that, through a person's increased self-awareness and conscious intention, the brain can be taught to reach far beyond its present limitations. "We are living in a golden age for brain research, but is this a golden age for your brain?" they ask. *Super Brain* explains how it can be, by combining cutting-edge research and spiritual insights, demolishing the five most widespread myths about the brain that limit your potential, and then showing you methods to:

- Use your brain instead of letting it use you
- Create the ideal lifestyle for a healthy brain
- Reduce the risks of aging
- Promote happiness and well-being through the mind-body connection
- Access the enlightened brain, the gateway to freedom and bliss
- Overcome the most common challenges, such as memory loss, depression, anxiety, and obesity

Your brain is capable of incredible healing and constant reshaping. Through a new relationship with your brain you can transform your life. In *Super Brain*, Chopra and Tanzi guide you on a fascinating journey that envisions a leap in human evolution. The brain is not just the greatest gift that Nature has given us. It's the gateway to an unlimited future that you can begin to live today.

I loved it! Very inspiring, motivating & readable. A truly magical book that reminded me of Wayne Dyer when we first began working together - I felt a very similar energy. -Joanna Pylee (Dr. Wayne Dyer's book editor for over 30 years) Are you interested in living your dreams? Longing for a transformation in your life? Would you like to understand your soul's purpose? Do you have a burning desire to reach your full potential and contribute more meaningfully in the world? If you are ready to master your mind and access the freedom needed to achieve your truest wishes, then, it may be time for the Tiny Book of Magic. In this motivational book, combining magic, strength, wisdom and simplicity into an inspiring tale of self-discovery, Joshua Dawson reveals how to effectively make the shift from ordinary to ExtraOrdinary living - a life filled with purpose, compassion, impact, and love. Diving deep, you are gently helped with:

- \* The daily tools and tactics needed to fulfill your wishes without sacrificing yourself in the process
- \* How to transform your problems, hardships and challenges into your biggest opportunities that will propel you into the magic zone
- \* How to make life count and flow with ease by focusing on what truly matters
- \* How to attract everything you'll ever need to be happy
- \* How magic is disguised by a thin veil of culturally and historically created illusions
- \* How to express your most perfect and powerful dreams to the world (that make buying into your vision an obvious no-brainer)
- \* How to apply spiritual solutions in any area of your life - From business to family and everything in between.

The Tiny Book of Magic begins with a mystical story of how the untimely death of Joshua's father released a quest to understand the depth of life, awakening a dormant spirit. A quest leading him from the day to day business grind to travelling around the world dressed as a Blue Genie granting wishes for people in need. Revealing riches far different-and far more satisfying-than he ever imagined. During his travels

granting wishes and sharing the stage with names that include Eckhart Tolle, Dr. Wayne Dyer, Deepak Chopra, Marianne Williamson, and Jack Canfield, Joshua came to remember that fulfilling all your deepest desires is much closer than you think. This transformational guide teaches us about the essential wisdom of listening to our hearts, and, most importantly, of expressing our true nature and fulfilling our dreams. Wow! I feel like I just came from a beautiful, enlightening, and life changing retreat after this week or so of delving into your book. The irony is that this "Tiny" book is going to have HUGE and profound effects on people. It already has, I can say that from experience." -Tasleem R, Vancouver

Spiritual Solutions  
Answers to Life's Greatest Challenges  
Harmony

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.

Living from the Source of Lasting Happiness

How to Create a New You

Practices in Living the Awakened Life

The Seven Spiritual Laws of Success

Power, Freedom, and Grace

A Genie's Guide to a Wishes Fulfilled Life

The Inner Path to Wealth

Total Meditation

Deepak Chopra and Kimberly Snyder propose a "program to help transform you from the inside out. Through six pillars of healthy living that focus on internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammation, the authors offer ... tips, tools, innovative routines, and foods that will allow you to achieve your highest potential of beauty and health"--

An enlightening guide to success, fulfillment, wholeness, and plenty, offering practical advice on how to cultivate a sense of abundance in times of fear and insecurity, from New York Times bestselling author Deepak Chopra "To attain wealth of the lasting kind, the kind that gives your life meaning, value, and sustenance, base your daily existence on the generosity of spirit."—Deepak Chopra Many of us operate from a mind-set of lack, scarcity, and limitation. We focus on what we don't have—financial security, confidence, an intimate relationship—which keeps us feeling insecure and inadequate. "if only I could have those things, I could be happy." But measuring wealth by money or material possessions leaves us feeling drained and spiritually empty. Constantly striving for more often means our ego is driving our thoughts, actions, and reactions, which prevents us from reaching something greater: a true sense of inner peace, acceptance, and fulfillment. Yet, there is an inner path to abundance and wealth that, once charted and explored, provides access to the great riches of the universe and life's unbounded possibilities. In *Abundance*, international bestselling author Deepak Chopra

illuminates this road to success and wholeness, helping readers tap into a deeper sense of awareness and purpose to become agents of change in their own lives. Mixing ancient teachings and spiritual practices with modern wisdom he's garnered over four decades as the leading figure in mind-body medicine, Deepak Chopra demonstrates how to transcend self-generated feelings of limitation and fear in order to experience abundance in all aspects of life. To do so, he offers a seven-step plan along with meditations and mindfulness techniques to help you focus and direct your attention, energy, and intuition so you can experience stability, affluence, insight, creativity, love, and true power.

Leadership is the most crucial choice one can make—it is the decision to step out of darkness into light. Bestselling author and spiritual guide Deepak Chopra invites you to become the kind of leader most needed today: a leader with vision who can make that vision real. Chopra has been teaching leadership to CEOs and other top executives for eight years, and the path outlined in *The Soul of Leadership* applies to any business, but the same principles are relevant in every community and in every life, from family and home to school, place of worship, and neighborhood. "At the deepest level of leadership," Chopra writes, "a leader is the symbolic soul of a group." With clear, practical steps, you are led through the crucial skills outlined in the acronym L-E-A-D-E-R-S: L = Look and Listen E = Emotional Bonding A = Awareness D = Doing E = Empowerment R = Responsibility S = Synchronicity After identifying your own soul profile and the core values you want to develop, you can use these skills to allow your potential for greatness to emerge. Only from the level of the soul, Chopra contends, were the great leaders created. Once that connection is made, you have unlimited access to the most powerful qualities a leader can possess: creativity, intelligence, organizing power, and love. *The Soul of Leadership* aims to fill the most critical void in contemporary life, the void of enlightened leadership. "You can be such a leader," Chopra promises. "The path is open to you. The only requirement is that

learn to listen to your inner guide." In this unique handbook you are shown how to do just that as practical as they are uplifting. The future is unfolding at this very minute, and the choice truly lies with each of us, here and now.

"Deepak Chopra has developed his own unique form of complementary, mind-body medicine."—News & World Report The world needs heroes, and, as spiritual authority Deepak Chopra demonstrates in this gripping and deeply perceptive meditation on our potential to excel, everyone of us possesses the power to help save the planet—and the strength to claim our best possible lives. For readers who find inspiration from comic books and movies like Ironman, The Uncanny X-Men, and Superman, for those who are Peter Parkers who wonder how to unlock their inner Spider-man, Chopra illuminates the path to becoming a spiritual superhero, teaching us how to wield the great power of the human heart to bring about real changes in ourselves and in the world around us.

War of the Worldviews

The Book of Shiva

Answers to Life's Greatest Challenges

Harnessing Our Power to Change The World

The Path to Love

Where Science and Spirituality Meet—and Do Not

The Seven Spiritual Laws Of Success For Parents

Guiding your Children to success and Fulfillment

**Describing the hidden mysteries that are contained within each individual, the best-selling author of The Spontaneous Fulfillment of Desire examines fifteen of these secrets—including "Life Hurts When It Is**

**Unreal" and "There Is No Time But Now"--that hold the key to enlightenment, transformation, and personal fulfillment. Reprint. 125,000 first printing.**

**From the man who has inspired millions of people to transform their lives and create their heart's desire comes his latest book on seeking and embracing the power source within. Deepak Chopra has made clear his conviction that it is within the potential of every human being to live an enriching, self-aware, magnificent life. But to reach that state of empowerment is a difficult task, calling for courage, will power and - often - guidance. In Self-Power, Chopra offers that guidance and encouragement, while inspiring his readers to take their lives into their own capable hands no matter what challenges they may confront--job loss, financial difficulties, relationship issues, health problems or spiritual questions.**

**"I've gained deeper understanding listening to Rupert Spira than I have from any other exponent of modern spirituality. Reality is sending us a message we desperately need to hear, and at this moment no messenger surpasses Spira and the transformative words in his essays." —Deepak Chopra, author of You Are the Universe, Spiritual Solutions, and Super Brain Our world culture is founded on the assumption that the Big Bang gave rise to matter, which in time evolved into the world, into which the body was born, inside which a brain appeared, out of which**

**consciousness at some late stage developed. As a result of this “matter model,” most of us believe that consciousness is a property of the body. We feel that it is “I,” this body, that knows or is aware of the world. We believe and feel that the knowing with which we are aware of our experience is located in and shares the limits and destiny of the body. This is the fundamental presumption of mind and matter that underpins almost all our thoughts and feelings and is expressed in our activities and relationships. The Nature of Consciousness suggests that the matter model has outlived its function and is now destroying the very values it once sought to promote. For many people, the debate as to the ultimate reality of the universe is an academic one, far removed from the concerns and demands of everyday life. After all, life happens independently of our models of it. However, The Nature of Consciousness will clearly show that the materialist paradigm is a philosophy of despair and, as such, the root cause of unhappiness in individuals. It is a philosophy of conflict and, as such, the root cause of hostilities between families, communities, and nations. Far from being abstract and philosophical, its implications touch each one of us directly and intimately. An exploration of the nature of consciousness has the power to reveal the peace and happiness that truly lie at the heart of experience. Our experience never ceases to change, but the knowing element in all experience—consciousness, or what we call “I”—itself never changes. The knowing with which all experience is**

**known is always the same knowing. Being the common, unchanging element in all experience, consciousness does not share the qualities of any particular experience: it is not qualified, conditioned, or limited by experience. The knowing with which a feeling of loneliness or sorrow is known is the same knowing with which the thought of a friend, the sight of a sunset, or the taste of ice cream is known. Just as a screen is never disturbed by the action in a movie, so consciousness is never disturbed by experience; thus it is inherently peaceful. The peace that is inherent in us—indeed that is us—is not dependent on the situations or conditions we find ourselves in. In a series of essays that draw you, through your own direct experience, into an exploration of the nature of this knowing element that each of us calls “I,” The Nature of Consciousness posits that consciousness is the fundamental reality of the apparent duality of mind and matter. It shows that the overlooking or ignoring of this reality is the root cause of the existential unhappiness that pervades and motivates most people’s lives, as well as the wider conflicts that exist between communities and nations. Conversely, the book suggests that the recognition of the fundamental reality of consciousness is the first step in the quest for lasting happiness and the foundation for world peace. 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 Ultimate Happiness Prescription**

**Radical Beauty**

**Unleashing Your Infinite Potential**

**Unconditional Life**

**The Complete Mind-body Programme for Addictive Behaviour**

**Discovering the Power to Fulfill Your Dreams**

**The Chopra Center Herbal Handbook**

**The Way of the Wizard**

BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak 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 want to read and refer to again and again.

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The bestselling author of *Ageless Body, Timeless Mind* has written his most ambitious and important work yet - an exploration of the seven ways we experience God. These are shaped, not by any one religion, but by an instinct that is hardwired into the brain. In this remarkable book, Chopra takes us step by step from the first stage, where the brain's 'fight or flight' response leads us to a God who is an all-powerful and sometimes unpredictable parent, to the seventh stage, where the brain experiences God as pure being, beyond thought, a sacred presence. It is at this seventh stage that we attain a true, life-changing spiritual understanding of the world and our place in it; it is the level at which saints and sages dwell. All seven stages are available to each of us, all the time. Deepak Chopra explores mysticism, religious ecstasy, genius, telepathy, multiple personality and clairvoyance, drawing insights from psychology, neurology and physics, as well as from the great religions. The result is vintage Chopra applied to the ultimate quest.

From the New York Times Bestselling Author. Can God be revived in a skeptical age? What would it take to give people a spiritual life more powerful than anything in the past? Deepak Chopra tackles these issues with eloquence and insight in this book. He proposes that God lies at the source of human awareness. Therefore, any person can find the God within that transforms everyday life. God is in trouble. The rise of

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the militant atheist movement spearheaded by Richard Dawkins signifies, to many, that the deity is an outmoded myth in the modern world. Deepak Chopra passionately disagrees, seeing the present moment as the perfect time for making spirituality what it really should be: reliable knowledge about higher reality. Outlining a path to God that turns unbelief into the first step of awakening, Deepak shows us that a crisis of faith is like the fire we must pass through on the way to power, truth, and love. "Faith must be saved for everyone's sake," he writes. "From faith springs a passion for the eternal, which is even stronger than love. Many of us have lost that passion or have never known it." In any age, faith is a cry from the heart. God is the higher consciousness that responds to the cry. "By itself, faith can't deliver God, but it does something more timely: It makes God possible." For three decades, Deepak Chopra has inspired millions with his profound writing and teaching. With *The Future of God*, he invites us on a journey of the spirit, providing a practical path to understanding God and our own place in the universe. Now, is a moment of reinvigoration, he argues. Now is moment of renewal. Now is the future.

Deepak Chopra's passionate new book, *Peace Is the Way*, was inspired by a saying from Mahatma Gandhi: "There is no way to peace. Peace is the way." In a world where every path to peace has proved futile, the one

strategy that hasn't been tried is the way of peace itself. "We must not bring one war to an end, or thirty," Chopra tells us, "but the idea of war itself." How can this be done? By facing the truth that war is satisfying, and then substituting new satisfactions so that violence is no longer appealing. "War has become a habit. We reach for it the way a chain smoker reaches for a cigarette, promising to quit but somehow never kicking the habit." But Chopra tells us that peace has its own power, and our task now is to direct that power and multiply it one person at a time. Behind the numbing headlines of violence running out of control there are unmistakable signs of a change—Chopra believes that a majority of people are ready to see an end to war. "Right now 23 million soldiers serve in armies around the world. Can't we find ten times that number who will dedicate themselves to peace? A hundred times?" Peace Is the Way challenges each of us to take the next leap in personal evolution. "You aren't asked to be a saint, or to give up any belief. You are only asked to stop reacting out of fear, to change your allegiance from violence to peace." In a practical seven-step program, Chopra shows the reader how to become a true peacemaker. "Violence may be innate in human nature, but so is its opposite: love. The next stage of humanity, the leap which we are poised to take, will be guided by the force of that love." This is more than a hope or an aspiration. It is a new way of

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being in the world, giving each individual the power to end war in our time.

Discovering Your Cosmic Self and Why It Matters

Bringing War and Violence to an End

Renewing the Power of Spirit in Your Life

Forty Natural Prescriptions for Perfect Health

Unlocking Your Potential for Greatness

Reinventing the Body, Resurrecting the Soul

Spiritual Solutions

Unlocking The Hidden Dimensions Of Your Life

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. ”

Bestselling author Deepak Chopra addresses one of society's most devastating illnesses and guides reader to replace addictive behavior with deeper sources of joy and spiritual fulfillment. 4 illustrations.

Deepak Chopra, Debbie Ford, and Marianne —New York Times bestselling authors and internationally acclaimed teachers—have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within

all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, *The Shadow Effect* is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright.

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.

The 13th Disciple

The Nature of Consciousness

Peace Is the Way

A Practical Guide to Healing Body, Mind, and Spirit

Essays on the Unity of Mind and Matter

### Freedom from Addiction

#### A Spiritual Adventure

National Bestseller In this inspiring book, bestselling author Wayne Dyer draws from various spiritual traditions to help us unplug from the material world and awaken to the divine with. With his trademark wit, wisdom, and humor, bestselling author Wayne Dyer offers compelling testimony on the power of love, harmony, and service. When confronted with a problem, be it ill health, financial worries, or relationship difficulties, we often depend on intellect to solve it. In this radical book, Dyer shows us that there is an omnipotent spiritual force at our fingertips that contains the solution to our problems. The first part of the book provides the essential foundation for spiritual problem solving, drawing from the wisdom of Patanjali, a Yogi mystic; the second half is organized around the prayer of Saint Francis of Assisi, whose legacy is one of love, harmony, and service. Each chapter contains specific practical applications for applying the teachings of these wise men to everyday problems, including affirmations, writing exercises, and guided meditations. Profound and thought provoking, yet filled with

pragmatic advice, *There's a Spiritual Solution to Every Problem* is a book about self-awareness and tapping the healing energy within all of us. As Dyer writes, "Thinking is the source of problems. Your heart holds the answer to solving them. This fake book is a hilarious prank to play on unsuspecting strangers, friends and family. The cover is sure to raise eyebrows on the bus or subway as you pretend to read the book, and cause people to laugh hysterically. The interior of the book is filled with dummy text, but the cover is what you want to buy it for. Makes a great gag gift too!

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.

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.

Tiny Book of Magic

Illuminating the Hidden Power of Your True Self

Hiding Your Erection from God

You Are the Universe

Self Power

Spiritual Strategies for Healing

A Pocketbook Guide to Fulfilling Your Dreams

Twenty Spiritual Lessons for Creating the Life You Want

*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.*

*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.*

*Two authors -- one from the field of physics, the other from the realm of spirituality -- debate the most fundamental questions about human existence.*

*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.*

*The Future of God*

*A Practical Guide to the Fulfillment of Your Dreams: Easyread Large Bold Edition*

*Overcoming Addictions*

*A Practical Approach to Spirituality for Our Times*

*How To Know God*

*Metahuman*

*Abundance*

*Creating Affluence*

***The New York Times bestselling author of Buddha and Jesus weaves together historical narrative, mystery, exciting adventure, and intrigue in this masterfully told novel that reveals surprising discoveries about the unknown last disciple of Christ, and a new understanding of who Jesus was in his final days. When a solid gold reliquary missing from a church in Belgium suddenly resurfaces in America, a young newspaperman begins to investigate the story. At first, it seems like just another case of a treasure stolen during World War II that has resurfaced. But it soon becomes apparent that much more is at stake. Hidden within the medieval reliquary is a gold box that holds a sacred relic—a single finger bone—from an anonymous saint. Why***

*would the remains of someone unknown to the Church be considered holy? The search for answers leads to a shocking discovery—a dangerous secret known only to a small band of people. If one touches the reliquary, a sacred vision is received—a vision involving a young girl who had a chance encounter with Jesus just before he was crucified. The few people who have been blessed with these miraculous messages have banded together into a mysterious school, a closed society that preserves this venerated wisdom. But their knowledge of the young girl and Jesus is at once so fascinating yet so highly controversial that it cannot be shared with the world. This young girl, curious about the charismatic man named Jesus, embarks on a quest to find out who he really was. What she finds—the knowledge the society protects—is at times far different from the accepted gospels. Could this unknown girl be the 13th Disciple—the last and truest apostle of Christ?*

*In Power, Freedom, and Grace, Deepak Chopra considers the mystery of our existence and its significance in our*

*eternal quest for happiness. Who am I? Where did I come from? Where do I go when I die? Chopra draws upon the ancient philosophy of Vedanta and the findings of modern science to help us understand and experience our true nature, which is a field of pure consciousness. When we understand our true nature, we begin to live from the source of lasting happiness, which is not mere happiness for this or that reason, but true inner joy. By knowing who we are, we no longer interfere with the innate intelligence of the cosmos. Instead, we allow the universe to flow through us with effortless ease, and our lives are infused with power, freedom, and grace. "This book captures the essence of all of my talks over the last 20 years. It is the distillation of almost everything I have taught up to now." – Deepak Chopra*

*Join Deepak Chopra on a wondrous journey. . . "The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most*

*complex and richly rewarding terrain of all: the human heart.*

*AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.*

**#1 New York Times Bestseller**

**AARP The Seven Spiritual Laws of Yoga**

**How to Transform Yourself from the Inside Out**

**The Chopra Solution to Permanent Weight Loss, Well-Being,  
and Lightness of Soul**

**What Are You Hungry For?**

**7 Keys to Joy and Enlightenment**

**The Book Of Secrets**

**A Practical Guide to the Fulfillment of Your Dreams:**

**Easyread Super Large 20pt Edition**

*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.*

*'Deepak Chopra's thoughts on spirituality and child rearing are original, profound and fascinating' BENJAMIN SPOCK, MD*  
*Deepak Chopra's Seven Spiritual Laws of Success have touched a chord around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows that spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of practical, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way -*

*and thus know true abundance throughout their lives.*

*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.*

*People around the world are increasingly working with their own bodies to restore balance. They're using medicinals found in nature to avoid the side effects of antibiotics and turning to traditions that have passed the test of time. The oldest medical system of all is Ayurveda, which dates back 5,000 years to its origins in India. In **The Chopra Center Herbal Handbook**, Deepak Chopra, M.D., and David Simon, M.D., draw on the forty most important herbs of Ayurveda, from aloe and amrit to ginger and winter cherry, to create a practical, popular reference book that shows how to strengthen immunity, rejuvenate the body, boost energy, and detoxify the system. Each listing in **The Chopra Center Herbal Handbook** contains botanical information, scientific research, instructions on using the herb, a line drawing,*

*precautions, and most important, the specific ailments each herb is best suited to remedy, including those involving digestion, mind and emotions, women's and men's health matters, metabolism, pain, arthritis and inflammation, circulation, and many more.*

*There's a Spiritual Solution to Every Problem*

*Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being*

*The A-to-Z Steps to a Richer Life*

*Super Brain*

*Spiritual Solutions to Life's Greatest Challenges*

*The Seven Spiritual Laws of Superheroes*

*The Shadow Effect LP*

*The Soul of Leadership*

From the man who has inspired millions of people to transform their lives and create their heart's desire comes his latest book on seeking and embracing the power source within. Deepak Chopra has made clear his conviction that it is within the potential of every human being to live an enriching, self-aware, magnificent life. But to

reach that state of empowerment is a difficult task, calling for courage, will power and - often - guidance. In *Self-Power*, Chopra offers that guidance and encouragement, while inspiring his readers to take their lives into their own capable hands no matter what challenges they may confront, be they job loss, financial difficulties, relationship issues, health problems or spiritual questions.

Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak Chopra and David Simon contend that Twelve-Step methods don't work for everyone because they emphasize personal powerlessness; it's this admission of powerlessness that keeps many people from ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a proven method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework: 1. Commit to transformation 2. Commit to ending repeat mistakes 3. Face the harsh reality of the past 4. See the infinite possibilities available in

the present moment 5. Envision where you want to be 6. Ask yourself what choices need to be made to actualize vision 7. Create an action plan

Deepak Chopra presents the tales of the immortal gods: Indra, Kaali, Ganesha, Uma and Shiva, whose stories are not mere fairy-tales but lessons in understanding one's own existence. Read the legends created before legends even existed, the legends that are authentically India.

Join Deepak Chopra on a wondrous journey. . . " The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart. "From the Trade Paperback edition."

The Chopra Center Method for Overcoming Destructive Habits