

Ageless Body Timeless Mind A Practical Alternative To Growing Old

What is Life?Return of the RishiEmeralds of OzRadiant BeautyAgeless Body, Timeless MindUnconditional LifeRestful SleepPerfect DigestionThe Healing SelfGodLife After DeathLives of Our OwnYou're Trending in My DreamsCultural AgingA Woman's WorthThe Soul of LeadershipWar of the WorldviewsWhat Are You Hungry For?Your Child's Growing MindThe Sacred JourneyThe Chopra Center CookbookHow to Know GodAgeless Body, Timeless MindThe Essential Ageless Body, Timeless MindThe Return of MerlinThe Seven Spiritual Laws of SuccessAgeless Body, Timeless MindMetahumanAgeless Body, Timeless MindSynchrodestinyThe Lupus BookGraduate Admissions EssaysThe Book of ShivaLords of LightGrow Younger, Live LongerDeepak Chopra's The Angel is NearQuantum HealingCreating HealthBoundless EnergyReinventing the Body, Resurrecting the Soul

What is Life?

Lupus, a disease of the immune system, can be quite deadly, claiming the lives of thousands of patients yearly. Dr. Daniel J. Wallace is one of the world's leading authorities on this disorder, an eminent clinician who has treated over 3000 lupus patients, the largest such practice in America. His *The Lupus Book*, originally published in 1995, immediately established itself as the most readable and helpful book on the disease. Now Dr. Wallace has once again completely revised *The Lupus Book*, incorporating a wealth of new information. This Fifth Edition discusses new drug information and newly discovered information about the pathology of the disease--all laid out in user-friendly language that any patient could understand. In particular, Wallace discusses the first drug for Lupus to be approved by the FDA--belimumab (Benlysta)--as well as other drugs in clinical trials. Readers will also discover fully updated sections on the science of lupus and breakthroughs in research. And as in past editions, the book provides absolutely lucid answers to such questions as: What causes lupus? How and where is the body affected? Can a woman with lupus have a baby? And how can one manage this disease? Indeed, Dr. Wallace has distilled his extensive experience, providing the most up-to-date information on causes, prevention, cure, exercise, diet, and many other important topics. There is also a glossary of terms and an appendix of lupus resource materials compiled by the Lupus Foundation of America. Over a million Americans have lupus. The new Fifth Edition offers these patients and their families an abundance of reliable, up-to-date information that will help them manage the disease and live a happier life.

Return of the Rishi

"With this collection of imaginative, wide-ranging essays, Stephen Katz secures his place as his generation's foremost proponent of cultural aging." - W. Andrew Achenbaum, University of Houston

Emeralds of Oz

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Four friends . . . four lives . . . one decision Four college students, who couldn't be more different from each other, move into a flat in Mumbai. Varun is sloppy yet lovable, Ahana is gutsy and reckless, Malvika is the group's selfie queen and Garima is the reserved one. Yet, all four get along like a house on fire. Although each of them is battling personal demons, their commitment to the friendship they build over time binds them. However, things take a turbulent turn when one of the four is caught in a mess. Will they stick together or fall apart? You're Trending in My Dreams is a true story that will rearm your faith in the magic of love and friendship.

Radiant Beauty

Cutting across class, race, religion, and gender, *A Woman's Worth* speaks powerfully and persuasively to a generation in need of healing, and in search of harmony. With *A Woman's Worth*, Marianne Williamson turns her charismatic voice—and the same empowering, spiritually enlightening wisdom that energized her landmark work, *A Return to Love*—to exploring the crucial role of women in the world today. Drawing deeply and candidly on her own experiences, the author illuminates her thought-provoking positions on such issues as beauty and age, relationships and sex, children and careers, and the reassurance and reassertion of the feminine in a patriarchal society.

Ageless Body, Timeless Mind

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*

Unconditional Life

Is it possible to venture beyond daily living and experience heightened states of awareness? In his latest book, 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

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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. Advance praise for *Metahuman* “Our world is preoccupied with material progress, yet too often we overlook the miracle of our very existence. In this remarkable book, Deepak Chopra reminds us not to be distracted by the idols of our age but to marvel at the deep truths of being. *Metahuman* is a handbook to becoming fully alive.”—Arthur C. Brooks, PhD, Professor, Harvard Kennedy School; author of *Love Your Enemies*

Restful Sleep

Deepak Chopra has touched millions of readers by demystifying our deepest spiritual concerns while retaining their poetry and wonder. Now he turns to the most profound mystery: What happens after we die? Is this one question we were not meant to answer, a riddle whose solution the universe keeps to itself? Chopra 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. At the end of our lives we “cross over” into a new phase of the same soul journey we are on right this minute. In *Life After Death*, Chopra draws on cutting-edge scientific discoveries and the great wisdom traditions to provide a map of the afterlife. It's a fascinating journey into many levels of consciousness. But far more important is his urgent message: Who you meet in the afterlife and what you experience there reflect your present beliefs, expectations, and level of awareness. In the here and now you can shape what happens after you die. By bringing the afterlife into the present moment, *Life After Death* opens up an immense new area of creativity. Ultimately there is no division between life and death—there is only one continuous creative project. Chopra invites us to become cocreators in this subtle realm, and as we come to understand the one reality, we shed our irrational fears and step into a numinous sense of wonder and personal power. From the Hardcover edition.

Perfect Digestion

Scientific studies show that the mind/body connection has an extraordinary power to heal. *Ageless Body, Timeless Mind* goes beyond ancient mind/body wisdom and current anti-aging research to show you do not have to grow old. With the passage of time, you can retain your physical vitality, creativity, memory and self-esteem.

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Dr Deepak Chopra bases his theories on the ancient Indian science of Ayurveda, according to which, optimum health is about achieving balance physically, emotionally and psychologically, and demonstrates that, contrary to our traditional beliefs about aging, we can use our innate capacity for balance to direct the way our bodies metabolize time and achieve our unbounded potential.

The Healing Self

Arthur McCallum, a young English policeman, discovers the truth about his own destiny when he and Melchior, apprentice to the wizard Merlin, battle the evil forces of Mordred, in a modern version of the Arthurian legend

God

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.

Life After Death

Few people are better qualified than Deepak Chopra to show us the extent to which the reshaping of the aging process is within our control. Ageless Body, Timeless Mind has been a huge bestseller around the world. It combines lucid theory, case studies and a wealth of practical anti-aging exercises to demonstrate the innate intelligence of the mind/body processes and the extent to which sickness and aging are created by nothing more than gaps in our self-knowledge. By increasing this self-knowledge, we can master simple yet effective ways to metabolise time, and so achieve our unbound potential.

Lives of Our Own

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.

You're Trending in My Dreams

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

Cultural Aging

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In *Grow Younger, Live Longer*, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Simon, M.D., shows how it is essential to renew all dimensions of the self—the body, mind, and spirit—in order to feel and look younger. The ten-step program detailed in this book will immediately improve your sense of well-being, and the three Daily Actions accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to maintain a youthful mind, cultivate flexibility, strengthen your immune system, nourish your body, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoirs of unlimited energy, creativity, and vitality.

A Woman's Worth

"What Is Life?" is Nobel laureate Erwin Schrödinger's exploration of the question which lies at the heart of biology. His essay, "Mind and Matter," investigates what place consciousness occupies in the evolution of life, and what part the state of development of the human mind plays in moral questions. "Autobiographical Sketches" offers a fascinating fragmentary account of his life as a background to his scientific writings.

The Soul of Leadership

The author shares his perspective on how to find and know God, blending philosophy and science to argue that the knowledge is hard-wired into the brain, and introducing the seven stages one must pass through to fully experience the divine.

War of the Worldviews

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

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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.

What Are You Hungry For?

Peter Guzzardi spent decades as an editor working with some of the wisest writers of our time—from Stephen Hawking and Deepak Chopra to Carol Burnett and Douglas Adams—yet he couldn't shake the sense that everything he'd learned from working with them felt oddly familiar. One day, he had an epiphany: All that wisdom had its roots in a film he'd watched as a child—The Wizard of Oz. In *Emeralds of Oz*, Guzzardi invites us to join him on a journey through the classic film, unearthing gems of wisdom large and small about longing, joy, compassion, fear, power, and having faith in ourselves. He also creates a practical Oz-based tool that we can apply to obstacles in our own lives. Now, like Dorothy, we can activate the magical power we've possessed all along. Written with the grace and insight of *All I Really Need to Know I Learned in Kindergarten*, *Emeralds of Oz* is an instant classic, sure to inspire a fresh perspective on this legendary movie—and on our own lives.

Your Child's Growing Mind

Dr. Chopra presents an approach to eliminating fatigue and to regaining a sense of energy and vitality that is based upon one's Ayurvedic body type and the correct balance of mind and body. LG Alternate.

The Sacred Journey

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 Chopra Center Cookbook

Gathers stories of single women over fifty-five living productive, independent lives, and documents the types of discrimination faced by older women

How to Know God

After collaborating on two major books featured as PBS specials, *Super Brain* and

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Super Genes, Chopra and Tanzi now tackle the issue of lifelong health and heightened immunity. We are in the midst of a new revolution. For over twenty-five years Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. have revolutionized medicine and how we understand our minds and our bodies--Chopra, the leading expert in the field of integrative medicine; Tanzi, the pioneering neuroscientist and discoverer of genes that cause Alzheimer's Disease. After reaching millions of people around the world through their collaborations on the hugely successful Super Brain and Super Genes books and public television programs, the New York Times bestselling authors now present a groundbreaking, landmark work on the supreme importance of our immune system in relation to our lifelong health. In the face of environmental toxins, potential epidemics, superbugs, and the accelerated aging process, the significance of achieving optimum health has never been more crucial--and the burden to achieve it now rests on individuals making the right lifestyle choices every day. That means you. You--not doctors, not pharmaceutical companies--are ultimately responsible for your own health. Chopra and Tanzi want to help readers make the best decisions possible when it comes to creating a holistic and transformative health plan for life. In *The Healing Self* they not only push the boundaries of the intellect to bring readers the newest research and insights on the mind-body, mind-gene, and mind-immunity connections, but they offer a cutting-edge, seven-day action plan, which outlines the key tools everyone needs to develop their own effective and personalized path to self-healing. In addition, *The Healing Self* closely examines how we can best manage chronic stress and inflammation, which are immerging as the primary detriments of well-being. Moreover, Chopra and Tanzi turn their attention to a host of chronic disorders such as hypertension, heart disease, type 2 diabetes, and Alzheimer's Disease, known to take years and sometimes decades to develop before the first symptoms appear. Contemporary medical systems aren't set to attend to prolonged low-grade chronic inflammation or the everyday infections and stresses that take their toll on the body and can lead to disease, aging, and death. Thus, learning the secrets of self-healing is not only urgent but mandatory for optimum health. *The Healing Self* then is a call to action, a proven, strategic program that will arm readers with the information they need to protect themselves and achieve lifelong wellness. There is a new revolution occurring in health today. That revolution is you.

Ageless Body, Timeless Mind

I want to convince you that you are much more than your limited body, ego, and personality. In reality, the field of human life is open and unbounded. At its deepest level, your body is ageless, your mind is timeless. Once you identify with that reality, which is consistent with the quantum worldview, aging will fundamentally change.

The Essential Ageless Body, Timeless Mind

Scientific studies show that the mind/body connection has an extraordinary power to heal. *Ageless Body, Timeless Mind* goes beyond ancient mind/body wisdom and current anti-aging research to show you do not have to grow old. With the passage of time, you can retain your physical vitality, creativity, memory and self-esteem. Dr Deepak Chopra bases his theories on the ancient Indian science of Ayurveda,

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according to which, optimum health is about achieving balance physically, emotionally and psychologically, and demonstrates that, contrary to our traditional beliefs about aging, we can use our innate capacity for balance to direct the way our bodies metabolize time and achieve our unbounded potential.

The Return of Merlin

Leadership is the most crucial choice one can make—it is the decision to step out of darkness into the 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 area of life, from family and home to school, place of worship, and neighborhood. “At the deepest level,” 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 seven skills to allow your potential for greatness to emerge. Only from the level of the soul, Chopra contends, are great leaders created. Once that connection is made, you have unlimited access to the most vital 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 leaders. “You can be such a leader,” Chopra promises. “The path is open to you. The only requirement is that you learn to listen to your inner guide.” In this unique handbook you are shown how to do just that, in words as practical as they are uplifting. The future is unfolding at this very minute, and the choice to lead it lies with each of us, here and now. From the Hardcover edition.

The Seven Spiritual Laws of Success

"Bringing together the current research of Western medicine, neuroscience, and physics with the insights of Ayurvedic theory, Dr. Deepak Chopra shows how the human body is controlled by a "network of intelligence" that can change the basic patterns that design our physiology--with the potential to defeat cancer, heart disease, and even aging itself. In this inspiring and pioneering work, Dr. Chopra offers us both a fascinating intellectual journey and a deeply moving chronicle of hope and healing."

Ageless Body, Timeless Mind

American doctor Michael Aulden is one of thirty-six pure souls who can keep the world from a descent into evil, but he and the woman he love will have to join forces against a destructive young man known as The Prophet.

Metahuman

Ageless Body, Timeless Mind

The completely updated and expanded version of the 1987 classic hailed by parents and educators everywhere. From the Trade Paperback edition.

Synchrodestiny

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. From the Hardcover edition.

The Lupus Book

The author recounts his medical career, describes his introduction to Ayurvedic medicine, and shares his views on health and healing

Graduate Admissions Essays

In Deepak Chopra's groundbreaking and imaginative new work, a unique blend of storytelling and teaching, the New York Times bestselling author explores the evolution of God. By capturing the lives of ten historical prophets, saints, mystics, and martyrs who are touched by a divine power, Chopra brings to life the defining moments of our most influential sages, ultimately revealing universal lessons about the true nature of God.

The Book of Shiva

Offers tips on writing an essay for admission to graduate school, provides an explanation of the admissions process, gives advice on securing letters of recommendation, and features resources for locating scholarships.

Lords of Light

Dr. Deepak Chopra presents an ailment-specific program that tailors the benefits of Ayurvedic medicine to the treatment of digestive disorders. By following Dr. Chopra's suggestions, readers can learn to overcome intestinal problems in a natural way that takes their specific needs into account.

Grow Younger, Live Longer

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.

Deepak Chopra's The Angel is Near

American physician Michael Aulden stands at the center of an epic global confrontation of the body, mind, and soul, as humankind must choose between the forces of good and evil, with the fate of the entire world at stake. Original.

Quantum Healing

Dr. Deepak Chopra, author of the best-selling *Ageless Body, Timeless Mind*, offers his thousands of fans a newly revised edition of *Creating Health*, his groundbreaking book about the healing power of the mind. First published in 1987, *Creating Health* introduces the basic premises of Ayurveda, the six-thousand-year-old tradition of health care from India, and guides readers toward a sound understanding of the mind-body connection. Dr. Chopra is considered the preeminent spokesman for Ayurveda, which he blends with Western medical philosophy to create an intelligent and balanced approach to health. Dr. Chopra has revised *Creating Health* for the many people who are turning to alternative methods of health care as a result of the escalating crisis in traditional care. This edition incorporates a number of advances based on Dr. Chopra's recent work and new perspectives, including the techniques of mindfulness meditation, a simple but powerful form of breath-focused meditation.

Creating Health

The food at the world-famous Chopra Center for Well Being is designed to delight the senses, enliven vitality, and tap into the joy of being alive. Now, Deepak Chopra, David Simon, and Leanne Backer offer you marvelous recipes from this extraordinary place of healing—showing how nature provides us with all the nutrients we need to create meals that are delicious as well as nutritious. Combining modern nutritional science and Ayurveda, the most ancient healing system on the planet, *The Chopra Center Cookbook* features more than 200 appetizing, easy-to-prepare recipes and 30 days of balanced meal plans. You'll discover a new world of flavor and enjoyment with these low-fat dishes as the authors show you how to eat food that is good for you, re-establish the mind-body connection, and reverse the aging process. ZUCCHINI PECAN BREAD * THAI

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NOODLES * BRAISED SALMON WITH MANGO TOMATO SALSA * EGGPLANT CAULIFLOWER CURRY * VEGETARIAN PAELLA * ROSEMARY WHITE BEAN SOUP * MOTHER EARTH'S APPLE PIE * RAINBOW RISOTTO * GREEK GODDESS SALAD * MOROCCAN VEGETABLES * SPICY MEXICAN RICE * VEGETABLE HUMMUS WRAP * APPLE LEEK CHUTNEY * MANDARIN TOMATO SALSA * PEANUT BUTTER COOKIES * NUTTY FRENCH TOAST * HOMEMADE ALMOND BUTTER * BREAKFAST BURRITOS * MEDITERRANEAN PASTA * SPINACH POLENTA * UNBELIEVABLE DOUBLE CHOCOLATE CAKE

Boundless Energy

Reinventing the Body, Resurrecting the Soul

Dr Deepak Chopra, the bestselling pioneer in mind/body medicine, shows how coincidences are messages about the miraculous potential of each moment. He reveals how, through understanding the forces that shape coincidences, you can learn to live at a deeper level and access the flow of synchronicity that lies at the heart of existence. You can start to transform your life through full-contact living, in which all things will be within your reach. Discover: - That there's no such thing as a meaningless coincidence - The seven principles of synchrodestiny - Practical techniques for applying those principles The seeds of a perfect destiny lie within you. This remarkable book will show you how to release their potential and live a life more wondrous than dreams.

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