Reinventing the Body, Resurrecting the Soul: How to Create a New Self, 2010, 304 pages, Deepak Chopra, 1407061178, 9781407061177, Ebury Publishing, 2010

This important book picks up where Dr Deepak Chopra left off in his pioneering work Ageless Body, Timeless Mind. Having revealed the connection between our health and our thoughts, Dr Chopra shows us how to create a whole new self - the self we want to be - in this revolutionary sequel. Dr Chopra explains how the body is a reflection of the mind, 'a symbol in flesh and blood of everything you think and feel'. From early childhood each one of us has invented our bodies and our personalities through our beliefs, conditioning and responses to everyday stress. But we have mostly done this unconsciously, which is why we may now feel unfulfilled. Reinventing the Body, Resurrecting the Soul will help us to reconnect with our ideal sense of self, guiding us one step at a time through a remarkable process of renewal and discovery. Chopra invites us all to live from the soul, to satisfy our deepest desires in a life rich with joy and meaning. 'You are inventing your body in every moment of life,' he reasons. 'Why not take control and reinvent it from the highest level?'

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You with the Stars in Your Eyes A Little Girl's Glimpse at Cosmic Consciousness, Deepak Chopra, Jan 1, 2010, Juvenile Fiction, 35 pages. As Tara and her grandfather walk on the beach one starry night, the Moon comes down to join their conversation and explain how humans are related to the stars and all of nature..

Why is God Laughing? The Path to Joy and Spiritual Optimism, Deepak Chopra, 2008, Body, Mind & Spirit, 187 pages. A proponent of a holistic mind, body, and spirit approach to life and the best-selling author of How to Know God, Life After Death, and The Third Jesus shares his inspirational.

The Chopra Center Cookbook Nourishing Body and Soul, Deepak Chopra, David Simon, Leanne Backer, 2002, Health & Fitness, 310 pages. Draws on the principles of Ayurveda to offer more than thirty days of balanced meal plans and more than two hundred recipes for soups, stews, vegetarian meals, breakfast dishes.

The Way of the Wizard Twenty Spiritual Lessons for Creating the Life You Want, Deepak Chopra, Sep 2, 2009, Religion, 176 pages. 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.

Freedom from Addiction The Chopra Center Method for Overcoming Destructive Habits, David Simon, M.D., Deepak Chopra, Nov 1, 2007, Self-Help, 218 pages. A groundbreaking approach from the world-renowned facility that has successfully helped thousands of people change their lives for the better defies outmoded beliefs about.

Life After Death The Burden of Proof, Deepak Chopra, Oct 17, 2006, Self-Help, 288 pages. 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.

The Spontaneous Fulfillment of Desire Harnessing the Infinite Power of Coincidence, Deepak Chopra, 2004, Body, Mind & Spirit, 304 pages. The best-selling author of How to Know God and

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Jesus LP A Story of Enlightenment, Deepak Chopra, Nov 4, 2008, Self-Help, 368 pages. The New York Times bestselling author of Buddha captures the extraordinary life of Jesus in this surprising, soul-stirring, and page-turning novel. Uncovering the.

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Golf for Enlightenment The Seven Lessons for the Game of Life, Deepak Chopra, Mar 4, 2003, Sports & Recreation, 208 pages. Deepak Chopra has discovered the delightseb"and frustrationseb"of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted.

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A Healthier You , Deepak Chopra, Billy Blanks, Stuart Marmorstein, 2005, Health & Fitness, 320 pages. EXCLUSIVE INTERVIEWS WITH CELEBRITY AUTHORS. FABULOUS IDEAS TO HELP YOU LIVE A HEALTHIER LIFE! SOME OF AMERICA'S LEADING HEALTH AND FITNESS EXPERTS SHARE THEIR TIME-TESTED.

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