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By Deepak Chopra Creating Affluence The A To Z Steps To A Richer Life The A To Z Guide To A Richer Life Chopra Deepak 33108

Explains how to determine one's body type, recommends programs of diet, stress reduction, exercise, and therapy, and explains how to restore the body's essential balance with nature. Reprint. 50,000 first printing.

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.

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*

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Creating Affluence The A-to-Z Steps to a Richer Life Amber-Allen Publishing

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. Many of us live and operate from a mindset 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. We think "if only I could have those things, I could be happy." But constantly striving for more often means our ego is driving our thoughts, actions, and reactions, preventing us from reaching something greater: a true sense of inner peace, acceptance, and fulfillment. And these internal experiences allow us to access the great riches of the universe and life's unbounded possibilities. In *The Yoga of Money*, Deepak Chopra illuminates the inner path to abundance, helping readers tap into a deeper sense of awareness and become agents of change in their own lives. He demonstrates how to work past self-generated feelings of limitation and fear and provides meditations to help you focus and direct your attention, energy, and intuition so you can experience stability, prosperity, insight, creativity, love, and true power.

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

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medicine known as Ayurveda, it provides the basis for reestablishing the body's natural balance, for straightening the mind/body connection, and for using the power of quantum healing to transcend disease and aging. Line drawings. The best-selling author of *How to Know God* and *The Seven Spiritual Laws of Success* explains how to access the everyday coincidences of life and how to understand and reconnect with the underlying field of infinite possibilities in order to fulfill one's deepest desires and transform one's life. Reprint. 150,000 first printing.

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.

In less than one hour, you can learn the secrets to success that will change your life forever... In this abridged, "One Hour of Wisdom" edition of his classic

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bestselling book, Chopra gathers his most powerful pearls of wisdom, and offers a life-altering perspective on the attainment of success. 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 reveals 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.

Self Help.

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

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

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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

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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

Dr. Chopra has revised his groundbreaking book about the healing power of the mind for the people who are turning to alternative methods of health care as a result of the crisis in traditional care. Based on Dr. Chopra's recent work and new perspectives, this book includes the techniques of mindfulness meditation, a simple but powerful form of breath-focused meditation.

Presents an Ayurvedic program of diet, exercise, meditation, and self-awareness that is designed to promote a healthy heart by uniting one's mind, body, and spirit into a total health regimen

Crafted with all the skills that have made his previous books bestsellers, The Book of Secrets will be essential reading for Deepak Chopra's huge number of followers worldwide, and also appeal to everyone searching for the meaning of life, and look

Introduces a healthful program for pregnant women with a regimen that combines

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the ancient wisdom of the Ayurveda with the latest Western medical research. What do you crave? For many of us, sugary treats, fatty meals and high-calorie snacks are impossible to resist. And yet, reaching the bottom of the biscuit tin rarely leaves us feeling satisfied. What if we are actually hungry for something much more fulfilling? In this groundbreaking book, bestselling author and endocrinologist Deepak Chopra unites the latest scientific and alternative therapy research to reveal how our overeating is often a symptom of "inner starvation" a hunger for love, self-esteem, happiness and security. By changing our approach to eating using the tools in this book, we can heal our bodies and minds to achieve permanent weight loss, a longer, happier life and spiritual well-being. The ultimate guide to inner and outer health, *What Are You Hungry For?* will change the way you eat forever.

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

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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.

Argues that aging is much more of a choice than people believe and shows how to adopt an individually tailored program of diet, stress reduction, and exercise

THE NEW YORK TIMES BESTSELLER In this book, that combines cutting edge science with real world applications, Chopra and Kafatos redefine our nature of reality and what is possible. Here they ask 9 questions: 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 There Design in the Universe? Is the Quantum World Linked to Everyday Life? Do We Live in a Conscious Universe? How Did Life First Begin? Does the brain create the mind? You Are The Universe offers answers that open up new possibilities for all of us to lead more fruitful, peaceful and successful lives.

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.

What has God done for you lately? Faith is in crisis. Are God and faith still useful in the modern world? If God is to have a future, Deepak Chopra argues, we must

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find a new approach to spirituality. For this we don't need better belief systems or scriptures - we need to rethink our place in the universe itself. Chopra reveals how God is about much more than religion. If God stands for absolute goodness, love and truth, and we are part of God, we have a connection to those things. Chopra explains the logic of faith, while providing an incisive critique of militant atheism. If God has a future, Chopra reasons, the results will be for the betterment of us all.

In *Creating Affluence* Deepak Chopra outlines simple steps and everyday actions that create wealth effortlessly and joyfully. Destined to be read and referred to again and again, this is a life-long companion, and perfect follow up to *The Seven Spiritual Laws of Success*. In this remarkable book lies the secret to creating affluence. Here you will discover that you are the dancer and the dance, the creator and the creation, and unlimited wealth is yours merely for the asking. According to Deepak 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. Now in *Creating Affluence*, he gently fosters the wealth consciousness needed to tap into this field and with clear and simple wisdom presents a step-by-step plan for creating affluence and fulfilment in all areas of life.

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Traditional Chinese edition of The Seat of the Soul

Chinese edition of Buddha: a story of enlightenment by Deepak Chopra. It is a novelization of the life of the Indian prince Siddhartha, and how he became the enlightened one - the Buddha. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

"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

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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.

Traditional Chinese edition of Marianne Williamson's *Illuminata: A Return to Prayer*. Williamson's books are must-read for followers *The New Spirituality*. A *NEWSWEEK* magazine poll named her one of the fifty most influential baby boomers. She is also the spiritual leader of The Church of Today in Detroit. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

A mind-body, consciousness-based approach to aging offers a program that incorporates nutritional supplements, exercises, and meditation techniques to help eliminate toxins, nourish the body, and promote restful sleep.

In this groundbreaking and helpful book, influential teacher and physician. Deepak Chopra, explores how our hearts have lost their centre and why love so often falls short

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of filling a deep, aching need within us. He also explains how we can rediscover th
In this remarkable book lies the secret to creating affluence. Here you will discover that you are the dancer and the dance, the creator and the creation, and unlimited wealth is yours merely for the asking. With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence and fulfillment on all levels of our lives. According to the author, 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 simple steps and everyday actions, *Creating Affluence* gently fosters the wealth con-sciousness needed to tap into this field and create anything you desire.

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.

Join Deepak Chopra on a wondrous journey. . . "The Path to Love." Philosophical,

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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.

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