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The best-selling spiritual writer of such works as *Life after Death* demonstrates how

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to experience joy in spite of the unique challenges of today's world, drawing on the Buddha's teachings of the Four Noble Truths and the Eightfold Path to Enlightenment to reveal how to focus on positive aspects of painful experiences.

Happiness is something everyone desires.

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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

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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

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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

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explored and exhausted, and 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

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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

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In The Ultimate Happiness Prescription, bestselling author Deepak Chopra shows how to be happy in spite of living in difficult or trying times. By looking through the lens of our contemporary understanding of consciousness, combined with Eastern



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philosophy, he has created a set of principles for living with ease. The result is an inspiring and instructive journey that leads to a prescription for living life mindfully, with a light heart and with effortless spontaneity - a prescription only Dr Deepak Chopra could write. With words like 'depression' and 'recession' in the air, he underlines the

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importance of keeping an eye on the positive aspects of life and finding ways to experience joy no matter what is happening to you. This remarkably clear and helpful book explains how to maintain an optimistic outlook and experience the benefits of having a happy heart and soul, no matter what the circumstances.

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Noble Truths and the Eightfold Path to Enlightenment. The result is a prescription for living life mindfully, joyfully, and with effortless spontaneity - a prescription only Deepak Chopra could write. With words like 'recession' and 'depression' in the air, it's important to keep an eye on the positive aspects of life and find ways to experience

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Wish you had more happiness in your life?  
Imagine being less stressed and happier right now. Finally, you can make this dream a

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reality! Based on scientific research and real life stories, here is your ultimate prescription to a joyful, fulfilling life, and it is a lot easier than you might think. Get ready to transform your life. You will discover: Quick steps to generate greater happiness despite challenges you may be facing, Why finding positives in your life can not only improve

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your mood but also enhance your health, relationships, work and even bank account, Easy skills to boost your self-confidence, Way to better your relationships: with friends, family, co-workers and even yourself, and Effective approaches to let go of regret and worry that prevents you from enjoying life.

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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

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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,

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ago, Quantum Healing helped transform Deepak Chopra into a cultural phenomenon. Now Dr. Chopra, hailed by Time as “the poet-prophet of alternative medicine, ” returns to this groundbreaking exploration of consciousness and the power of mindfulness, adding the latest scientific research as well as expanded thoughts on the

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Inspired by the unexplained recovery of patients in his own practice who had been given just a few months to live, Dr. Chopra began his search for answers. After returning to his native India to explore humanity ' s most ancient healing tradition, Ayurveda, he combined those insights with Western

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medicine, neuroscience, and physics. What he discovered—a “ network of intelligence ” in the human body with the potential to defeat cancer, heart disease, even aging itself—forms the basis of Quantum Healing. In this new edition, Dr. Chopra once again offers a fascinating intellectual journey and a deeply moving

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totally fascinated by the origins of consciousness. Quantum Healing galvanized my intuition that these areas do not have to be separated. ” —Dr. Rudolph Tanzi, from the new foreword “ Deepak Chopra illuminates our true innate capacity for healing, growth, and evolution. With the wisdom of an experienced doctor, girded by



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science, he guides us to reclaim our natural power towards thriving. Chopra ' s work is paradigm-changing for medicine and helpful beyond measure for every human being seeking to evolve, flourish, and know our true nature. ” —Lisa Miller, Ph.D., author of The Spiritual Child and director of clinical psychology, Teachers College,

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The 7 Things Every Young Black

Entrepreneur Should Know is a practical and inspirational guidebook aimed at empowering the next generation of young black entrepreneurs. All the information in this book is based on the author ' s decades

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Join Deepak Chopra on a wondrous  
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Philosophical, inspiring, and ultimately very  
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can change lives as it invites the spirit to  
work its wonders on the most complex and

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Though originally published in the late nineteenth century, this remarkably prescient tale from famed author Edward Bellamy will resonate with today's readers. A man taking a long journey by train finds

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himself overcome by motion sickness and thus unable to pass the time by reading. Fortuitously, a salesman hawking futuristic listening gadgets comes along, allowing the nauseous passenger to listen to a book. Though he is initially impressed with the ingenuity of the technology, he soon discovers that it comes with unforeseen

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