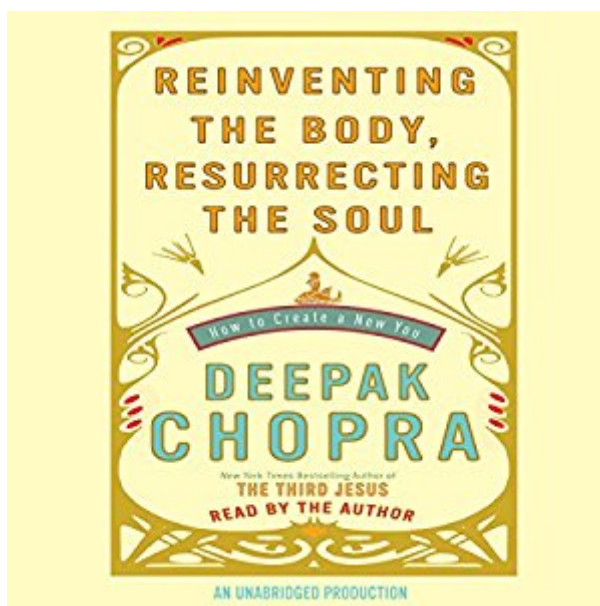


The book was found

Reinventing The Body, Resurrecting The Soul: How To Create A New Self



Synopsis

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. --This text refers to the Audio CD edition.

Book Information

Audible Audio Edition

Listening Length: 10 hours and 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: October 13, 2009

Language: English

ASIN: B002SRC2W2

Best Sellers Rank: #21 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help
#90 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #103 in Books >

Customer Reviews

This book starts out with a few great concepts: Energy, Awareness, Conditioning and shows how you can use these to avoid preconceived ways of thinking and enhance your way of life.

Somewhere after that the book loses its way and wanders all over the place. I often asked how we got onto said topic and what the main point was. The testimonials from clients, friends, etc seem contrived and are flat and boring. Also, the various lists in the book contain nothing more than what most of already know is good for us. At one point I felt like I was reading an old-fashioned astrology book. Still, I respect Deepak Chopra's larger message of exploring new ways of thinking. This book just seemed more like an average self-help book instead of something enlightening.

Deepak Chopra is a good teacher, so the book is pretty good. I'm reading while taking the class on DailyOm.com, so it's a nice extra boost to have. It was on time, and in good condition.

This book gives great information, easy to read and quite revealing. Enjoying it

Profound writing that requires much introspective thinking.

Excellent work, however, some of the disks were missing.

This is actually the second time I have read this book. I checked it out from the library. There was so much information that I had to get the book and read it again. Great personal development book, using easy to understand references and tools

Found myself eventually skipping ahead for the briefer overview of the ten main points then going back to savor each in greater depth. What's important, regardless, is that, throughout, Dr. Chopra's points resonated with what feels like truth, shed of any pretense or fluff. Beautifully written.

I bought this book in 2011 and have read it over several times. And each time I find new meaning in the words. Deepak puts words to my feelings literarily in his books. I feel a new person after reading this book. Now I know that my happiness is entirely dependent on me and me alone. And in pursuing my happiness, I create an environment of happiness around me that impacts everyone

that I relate with. Almost MIRACULOUS!

[Download to continue reading...](#)

Reinventing the Body, Resurrecting the Soul: How to Create a New Self Reinventing the Body, Resurrecting the Soul: How to Create a New You Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) A Photographer's Guide to Body Language: Harness the power of body language to create stronger, more meaningful portraits and create an experience your clients will rave about Mirror to the Church: Resurrecting Faith after Genocide in Rwanda Resurrecting the Granary of Rome: Environmental History and French Colonial Expansion in North Africa (Ecology & History) Resurrecting Empire: Western Footprints and America's Perilous Path in the Middle East Reinventing Medicine: Beyond Mind-Body to a New Era of Healing Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Create!: How Extraordinary People Live To Create and Create To Live NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Reinventing Yourself: A Metaphysical Self-Renewal System The Passover Soul Kit: 101 Soul Tips, Easy Passover Recipes, Pesach Insights, Meditations, Art & Quotes for the Passover Seder and the Passover Haggadah (Holy Sparks Soul Kits) The Mouth-Body Connection: The 28-Day Program to Create a Healthy Mouth, Reduce Inflammation and Prevent Disease Throughout the Body Perfect Self Hypnosis: Lose Weight In Your Sleep: Create the perfect self hypnosis audio for yourself or as a gift for natural, diet free, weight loss in 30 days backyard farming: The beginner's guide to create your own self sufficient backyard (Backyard Farming Essentials - Mini Farming - Urban Gardening - Self Sustainability - Backyard Homestead) Every Body Matters: Strengthening Your Body to Strengthen Your Soul

Contact Us

DMCA

Privacy

FAQ & Help