

Spiril Solutions Deepak Chopra

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When Kunal Khanna and his wife Laura Christie Khanna moved from Australia to India three years ago, they found kindred spirits in the hill town of Panchgani near

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Pune. Filmmakers Neha Shrestha and ...

The definitive book of meditation that will help you achieve new dimensions of stress-free living For the past thirty years, Deepak Chopra has been at the forefront of the meditation revolution in the West. Total Meditation offers a complete exploration and reinterpretation of the physical, mental, 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 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, provides practical awareness exercises, and concludes with a 52-week program of meditations to help revolutionize every aspect of your life.

In Evolutionary Enlightenment, Andrew Cohen redefines spiritual awakening for our contemporary world—a world characterized by exponential change and an ever-expanding appreciation for the processes of evolution. Cohen ' s message is simple,

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yet profound: Life is evolution, and enlightenment is about waking up to this fundamentally creative impulse as your own deepest, most authentic self. Through five tenets for living an enlightened life, Cohen will empower you to wholeheartedly participate in the process of change as your own spiritual practice. Evolutionary Enlightenment not only makes deep sense of life today; it will show you how to play an active role in shaping the world of tomorrow.

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.

Dr Deepak Chopra, the world-famous pioneer in the field of mind-body medicine, addresses one of the fundamental questions of existence. Drawing upon personal experience, the wisdom of ancient Vedic philosophy and state-of-the-art particle physics, Chopra

The term “ vMEME ” (the superscript “ v ” is for “ value ”) refers to a core value system

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expressed through a culture ' s memes, i.e., its ideas, habits, and cultural preferences and practices that spread from person to person. In MEMEnomics Said E. Dawlabani reframes our economic history and the future of capitalism through the unique prism of a culture ' s value systems. Focusing on the long-term effects of economic policies on society, he expands psychologist Clare W. Graves ' concepts of the hierarchical nature of human development and the theories of value systems of Beck and Cowan ' s Spiral Dynamics. He presents our economic history in terms of the hierarchy of five of the eight value-systems or vMEMEs of human existence that we can now identify. These new value preferences emerge as people interact with their environment to solve the problems of their “ life conditions. ”

“ A very helpful book and a must read! ” —DANIEL G. AMEN, MD, founder, Amen Clinics, and New York Times bestselling author of *Your Brain Is Always Listening*
Learn how to overcome anxiety by transforming it from an obstacle into an advantage. Nervous energy is something many of us are familiar with—it ' s the urge to double check our work, to create a tidy strategy for an overwhelming goal, or make a to-do list and tick every box neatly. But when work and life become more complex and unpredictable, when there isn ' t a straightforward to-do list or clear step by step solution, this nervous energy can spiral into anxiety and stress, becoming a roadblock to success. Instead of merely trying to overcome anxiety, Dr. Chloe Carmichael uses a combination of storytelling and step-by-step directions to share nine powerful tools thato help you harness this energy in a productive way. Based on her years of

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experience helping patients change their anxiety from a setback into an advantage, Nervous Energy offers: - A breakdown of three common nervous energy profiles - Step-by-step directions for implementing each of the nine tools in your life - Exercises, charts, and worksheets - Real-life stories and examples of people overcoming anxiety with these tools A must read for anyone feeling trapped by stress and anxiety, Nervous Energy is a practical guide to transforming anxiety and nervous energy into a powerful positive force.

In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

- A New York Times bestseller for over a decade
- Translated into 48 languages worldwide

“ This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter. ” — Oprah Winfrey

“ Don Miguel Ruiz ’ s book is a roadmap to enlightenment and freedom. ” — Deepak Chopra, Author, The Seven Spiritual Laws of Success

“ An inspiring book with many great lessons. ” — Wayne Dyer, Author, Real Magic

“ In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world. ” — Dan Millman, Author, Way of the Peaceful Warrior

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Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. *The Complete Book of Ayurvedic Home Remedies* enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to

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a lifetime of vitality and well-being.

Blast through all the baggage in your life with this guide to everyday enlightenment from New York Times best-selling author Kimberly Snyder. Many of us think that we just aren't enough. Not good enough, not pretty enough, not rich enough, and not happy enough. But just because we think something doesn't mean it's true. **YOU ARE MORE THAN YOU THINK YOU ARE** teaches you how to revise your belief system, fulfill your deepest dreams and desires, and create an epic, successful, and inspiring life. Unlocking your True Self is the key to new levels of joy, beauty, and peace. But what is the True Self, and how can you realize its infinite potential? In this easy-to-read book, Kimberly Snyder answers these questions and shows you how to tap into this unstoppable force to transform every aspect of your life for the better. Drawing inspiration from the teachings of the great guru Paramahansa Yogananda along with personal stories and the latest scientific research, Kimberly offers simple exercises, potent ancient practices, and in-depth meditations to help you overcome negative beliefs and see yourself as you truly are—a goddess, a warrior, a lover, and a creator of your extraordinary destiny.

The New York Times bestselling author of the Beauty Detox series, nutritionist, and personal development expert Kimberly Snyder offers us a powerful new guide to help us feel good, eat well, dispel insecurities, and increase our love of life. Feeling good is not about having a picture-perfect life with a flawless body, job, and family.

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We can have those things and still feel deeply unhappy. Joy and true confidence come by finding a level of inner peace in our messy, perfectly imperfect lives. In this beautiful, inspirational, and highly anticipated new book, Kimberly Snyder shares not only her amazing new food recipes but also practical tips for living a happy and fulfilling life. As Snyder teaches, the key is to live beyond labels, heal body shame, and move past self-judgment. By embracing life's ups and downs and learning to tune into our intuition, we can ultimately claim our right to feel good, just as we are. With dozens of life lessons and more than 100 plant-based recipes for smoothies, soups, snacks, and entrées, *Recipes for Your Perfectly Imperfect Life* invites us to find inner peace and acceptance, and teaches us how a healthier mind and body can give us strength to thrive in all parts of our lives.

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