

The Ultimate Happiness Prescription 7 Keys To Joy And Enlightenment Deepak Chopra

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

A pair of doctors team up to illuminate, through neuroscience and captivating stories from their clinical practice, how serving others—and pitching in to the world in general—is a secret superpower. If a doctor's prescription could bring you: - Longer life - Better health - More energy and resilience - Less burnout, depression and anxiety - More happiness, fulfillment and well-being - More personal and professional success (including higher income) - And, no harmful side effects Would you take it? In Wonder Drug, physician scientists Stephen Trzeciak, M.D., and Anthony Mazzarelli, M.D., illuminate, through neuroscience and captivating stories from their clinical practices, how being a giving, other-focused person is a secret superpower. Serving others—and pitching in to the world in general—is the evidence-based way to live your life. Kinder people not only live longer, they also live better. Science shows that serving others is not just the right thing to do, it's also the smart thing to do. Wonder Drug will make you rethink your notions of "self-care" and "me time," and realize that focusing on others is a potent antidote to the weariness that so many of us feel in modern times. Getting outside of your own head, outside the swirl of self-concern that may dominate your mental chatter, is, ironically, one of the best things you can do for yourself. Building upon their earlier work showing that, in the context of healthcare, having more compassion for patients is a powerful way to not only achieve better patient outcomes, but also promote well-being, resilience and resistance to burnout among healthcare workers, Trzeciak and Mazzarelli now extend their research to uncover how the power of serving others reaches far beyond the medical world and can be a life-changing therapy for everyone. Wonder Drug relates to the varying meanings of giving in real people's daily lives. The stories in this book will convince and inspire you to make simple prism changes. You don't need a total life upheaval, just a purposeful shift in mindset. In fact, the crucial first piece of the evidence-based prescription is this: start small. Per science, the best way to well-being and finding your true fulfillment is this: scan your orbit for the people around you in need of help, and go fill that need, as often as you can.

Experience the joy of God's message and begin each day with a positive outlook with these words of wisdom from Lakewood Church pastor and #1 New York Times bestselling author Joel Osteen. Research that shows people are happiest on Fridays. Now, learn how you can generate this level of contentment and joy every day of the week. As a man who maintains a constant positive outlook in spite of circumstances, Osteen has described this message as a core theme of his ministry. With personal experiences, scriptural insights, and principles for true happiness, he'll show you how to find the same opportunities for pure joy that you experience at five o'clock on Friday.

NEW YORK TIMES BESTSELLER • Deepak Chopra joins forces with leading physicist Menas Kafatos to explore some of the most important and baffling questions about our place in the world. "A riveting and absolutely fascinating adventure that will blow your mind wide open!" —Dr. Rudolph E. Tanzi What happens when modern science reaches a crucial turning point that challenges everything we know about reality? In this brilliant, timely, and practical work, Chopra and Kafatos tell us that we've reached just such a point. In the coming era, the universe will be completely redefined as a "human universe" radically unlike the cold, empty void where human life is barely a speck in the cosmos. You Are the Universe literally means what it says—each of us is a co-creator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some key mysteries cannot be solved, even though they are the very issues that define reality itself: • 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 the Quantum World Linked to Everyday Life? • Do We Live in a Conscious Universe? • How Did Life First Begin? "The shift into a new paradigm is happening," the authors write. "The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change." What these two great minds offer is a bold, new understanding of who we are and how we can transform the world for the better while reaching our greatest potential.

The Heart of Compassion

The 7 Ways to Life-Changing Happiness

Happiness The Inside Job

Biblical Prescriptions for Life

How to Be Happier 7 Days a Week

Spiritual Solutions

Four of the most popular and celebrated books by New York Times bestselling author Deepak Chopra are now available together in this collection. Buddha is an inspiring re-imagining of the life of a prince who gave up the trappings of royalty for something much more important—wisdom and enlightenment. This revolutionary journey has changed the world forever, and the lessons Buddha taught continue to influence every corner of the globe today. This is a new form of teaching for beloved Chopra and with it he brings us closer to understanding the true nature of life and ourselves. Jesus captures the extraordinary life of Christ in this surprising, soul-stirring, and page-turning novel. Uncovering the transformational "lost years" that are not recounted in the New Testament, Chopra has imagined Jesus's path to enlightenment moving from obscurity to revolutionary, from obscurity to the long-awaited Messiah. As a teenager, Jesus has premonitions of his destiny, and by the end, as he arrives to be baptized in the River Jordan, he has accepted his fate, which combines extremes of light and darkness. Born into the factious world of war-torn Arabia, Muhammad's life is a gripping and inspiring story of one man's tireless fight for unity and peace. In a world where greed and injustice ruled, Muhammad created change by affecting hearts and minds. Just as the story of Jesus embodies the message of Christianity, Muhammad's life reveals the core of Islam. In the groundbreaking and imaginative God, the evolution of our highest spiritual figure is told through a unique blend of storytelling and teaching. By capturing the lives of ten historical prophets, saints, mystics, and martyrs who are touched by a divine power, Chopra brings to life the defining moments of our most influential sages, ultimately revealing universal lessons about the true nature of God.

Proven ways to create a more loving family Research proves that happy families are good for health, longevity, peace of mind, productivity, and success. In The Secrets of Happy Families, Scott Haltzman offers an original approach to building family contentment that works for families of all ethnicities and make-ups-two-parent, single-parent, blended, childless, or same-sex couple. He provides a "positive psychology" way of solving family problems through strategy and leadership, including knowing and accepting who you are, taking a leadership role in loving and united relationships, building a network of support in extended families and communities, and making quality time for fun, adventures, holidays, and rituals.

Happiness is something everyone desires. 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 expansion of happiness, he contends. But in today's demanding world, that goal seems elusive, if not impossibly out of reach. Science 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 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 explored and exhausted, 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 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 profound."

THIS BOOK HAS BEEN RECOMMENDED BY COLDFLAY ! "The one thing which every person on the planet desires is to live a fulfilled and happy life. So why does happiness seem to elude so many of us? How can we simply 'get happy' when the pressures of life, jobs, bill and relationships are upon us all? Matt Pepper has spent 20 years researching, learning and practicing the tools and ideas he has discovered, which have helped hundreds of his clients to feel more fulfilled in life. His aim was to create a easy to use and insightful manual for life. With his '7 Ways to Life-Changing Happiness' he gives us dozens of small but highly effective tools to help us raise our own happiness levels: Way 1 - Fire Up Your Own Happiness Way 2 - Expose Your To-Doa Way 3 - Tend Your Emotional Garden Way 4 - Jump On The Groovy Train of Thought Way 5 - Listen To Your Wise Old Gut Way 6 - Turn Your Muck To Luck Way 7 - Pimp Up Your Purpose Matt will show you how to climb 'The Happiness Barometer' and once you reach the top, how to stay there, no matter what is going on in your life. Each and every chapter is jam-packed with nuggets of wisdom and quirky illustrations to help us improve our mind-sets, overcoming personal unhappiness, whatever it's cause and enabling us to start enjoying life again. This is a must read for anyone who feels that happiness has been eluding them. Find out today that happiness really is an inside job.

A Practical Approach to Spirituality for Our Times

Eight Keys to Building a Lifetime of Connection and Contentment

The 7 Keys to Success

The Book Of Secrets

The Future of God

The Soul of Leadership

Living with Intent

By lens of the Buddha's teachings through the lens of our contemporary experience, Deepak Chopra has created a set of principles for living well even in the most difficult times. The Happiness Prescription takes readers on an inspiring and instructive journey beginning with Buddha's Four 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 joy. This book will help readers maintain an optimistic outlook and experience the benefits of having a happy heart and soul, no matter what their circumstances.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by his correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: Johnny and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

Describing the hidden mysteries that are contained within each individual, the best-selling author of The Spontaneous Fulfillment of Desire examines 11 types of these secrets—including 'Life Hurts When It Is Unreal' and 'There Is No Time But Now'—that hold the key to enlightenment, transformation, and personal fulfillment. Reprint, 125,000 first printing.

Deepak Chopra has revealed the secrets of the game Golf and the wild and whimsical world of Golf, in a completely new approach to the game that any golfer can follow—from the novice to the expert. The results can be measured not only in increased enjoyment and skill, but also in greater wisdom about life beyond the 18th hole. Chopra's own game has improved dramatically since incorporating the elements of his program. Instead of focusing on the mechanics of a "perfect" swing, Chopra reveals how golf can be mastered through mindfulness, a form of awareness that combines sharp focus and relaxation at the same time. Expanded awareness, he tells us, can accomplish much more than external mechanics to improve one's game. But Golf for Enlightenment is also an engrossing story about Adam, an Everyman who is playing a terrible round of golf when he meets a mysterious young teaching pro named Leela. In seven short but profound lessons detailing spiritual strategies, she teaches Adam the essence of a game that has much to explain about life itself. Chopra has spent the last year taking the unique message in Golf for Enlightenment nationwide, teaching the essential tenets of his program at lectures and seminars to golfers everywhere. His message continues to help players turn an obsession into a positive life path.

The Path to Joy and Spiritual Optimism

How to Create a New You

Deepak Chopra Collection

Your Ultimate Prescription for Happiness

Answers to Life's Greatest Challenges

7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself

The Secrets of Happy Families

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.

Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest. Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish--for example, Sardinian Herbed Lentil Minestrone; Costa Rican Coconut and Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes--uses ingredients and cooking methods proven to increase longevity, wellness, and mental health. Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

In Grow Younger, Live Longer, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Simon, M.D., shows how it is essential to renew all dimensions of the self—the body, mind, and spirit—in order to feel and look younger. The ten-step program detailed in this book will immediately improve your sense of well-being, and the three Daily Actions accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to maintain a youthful mind, cultivate flexibility, strengthen your immune system, nourish your body, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoirs of unlimited energy, creativity, and vitality.

Power, Freedom, and Grace, Deepak Chopra considers the mystery of our existence and its significance in our eternal quest for happiness. Who am I? Where did I come from? Where do I go when I die? Chopra draws upon the ancient philosophy of Vedanta and the findings of modern science to help us understand and experience our true nature, which is a field of pure consciousness. When we understand our true nature, we begin to live from the source of lasting happiness, which is not mere happiness for this or that reason, but true inner joy. By knowing who we are, we do no longer interfere with the innate intelligence of the cosmos. Instead, we allow the universe to flow through us with effortless ease, and our lives are infused with power, freedom, and grace. "This book captures the essence of all of my talks over the last 20 years. It is the distillation of almost everything I have taught up to now." — Deepak Chopra

Awakening to Your Divine Life Purpose

Unlocking Your Potential for Greatness

The Seven Lessons for the Game of Life

Why Is God Laughing?

A Happy You

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Kingdom of Ash

Enduringly profound treatise, whose lasting effect on Western philosophy continues to resonate. Aristotle identifies the goal of life as happiness and discusses its attainment through the contemplation of philosophic truth.

Life is full of challenges, both big and small. Spirituality is here to offer solutions. Over the course of his career as physician, teacher, and bestselling author, Deepak Chopra has received thousands of questions from people facing every kind of challenge. They have asked how to lead more fulfilling lives, how to overcome relationship problems and personal obstacles. What's the best way to deal with a passive-aggressive friend? Can a stagnant career be jump-started? In a world full of distractions and stress, how does one find time for meditation? Hidden among all of these questions are answers waiting to be uncovered. In this groundbreaking book, Chopra shows you how to expand your awareness, which is the key to the confusion and conflict we all face. "The secret is that the level of the problem is never the level of the solution," he writes. By rising to the level of the solution in your own awareness, you can transform obstacles into opportunities. Chopra leads the reader to what he calls "the true self," where peace, clarity, and wisdom serve as guides in times of crisis. For Chopra, spirituality is primarily about consciousness, not about religious dogma or relying on the conventional notion of God. "There is no greater power for success and personal growth than your own awareness." With practical insight, Spiritual Solutions provides the tools and strategies to enable you to meet life's challenges from within and to experience a sense of genuine fulfillment and purpose.

Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy

Leadership is the most crucial choice one can make—it is the decision to step out of darkness into the light. Bestselling author and spiritual guide Deepak Chopra invites you to become the kind of leader most needed today: a leader with vision who can make that vision real. Chopra has been teaching leadership to CEOs and other top executives for eight years, and the path outlined in The Soul of Leadership applies to any business, but the same principles are relevant in every community and area of life, from family and home to school, place of worship, and neighborhood. "At the deepest level," Chopra writes, "a leader is the symbolic soul of a group." With clear, practical steps, you are led through the crucial skills outlined in the acronym L-E-A-D-E-R-S: L = Look and Listen E = Emotional Bonding A = Awareness D = Doing E = Empowerment R = Responsibility S = Synchronicity After identifying your own soul profile and the core values you want to develop, you can use these seven skills to allow your potential for greatness to emerge. Only from the level of the soul, Chopra contends, are great leaders created. Once that connection is made, you have unlimited access to the most vital qualities a leader can possess: creativity, intelligence, organizing power, and love. The Soul of Leadership aims to fill the most critical void in contemporary life, the void of enlightened leaders. "You can be such a leader," Chopra promises. "The path is open to you. The only requirement is that you learn to listen to your inner guide." In this unique handbook you are shown how to do just that, in words as practical as they are uplifting. The future is unfolding at this very minute, and the choice to lead it lies with each of us, here and now.

You Are the Universe

A Practical Guide to Healing Body, Mind, and Spirit

Golf for Enlightenment

Total Meditation

Practices in Living the Awakened Life

Discovering the Ultimate Physician's Secret to Health and Healing

Every Day a Friday

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 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 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.

Refocus your thoughts with 7 Step Mindset Makeover, your life guide in seven easy steps to achieving your goals from happiness expert Domonique Bertolucci. For most people, achieving our goals, creating new habits, and making other positive changes in our lives can be very difficult to do. We either can't get started or end up in an endless cycle of making progress and then undermining or sabotaging that progress. But it's not because we're lazy or lack commitment. Often, it's because we start our quest for change in the wrong place... focusing on our actions. What we really need to do when we want to change or improve our lives is to focus on our MINDSET. When we get our mindset right, everything else will fall into place. With seven easy steps Domonique takes you through: how to detox your dreams, discover your 'no', choose your mood, ignore the voices, confront the enemy, say goodbye to your 'but', and see clearly into your future.

What would be the practical implications of caring more about others than about yourself? This is the radical theme of this extraordinary set of instructions, a training manual composed in the fourteenth century by the Buddhist hermit Ngulchu Thogme, here explained in detail by one of the great Tibetan Buddhist masters of the twentieth century, Dilgo Khyentse. In the Mahayana tradition, those who have the courage to undertake the profound change of attitude required to develop true compassion are called bodhisattvas. Their great resolve to consider others' needs as paramount, and thus to attain enlightenment for the sake of all living creatures-carries them beyond the limits imposed by the illusions of "I" and "mine," culminating in the direct realization of reality, transcending dualistic notions of self and other. This classic text presents ways that we can work with our own hearts and minds, starting wherever we find ourselves now, to unravel our small-minded preoccupations and discover our own potential for compassion, love, and wisdom. Many generations of Buddhist practitioners have been inspired by these teachings, and the great masters of all traditions have written numerous commentaries. Dilgo Khyentse's commentary is probably his most extensive recorded teaching on Mahayana practice. For more information about the author, Dilgo Khyentse, visit his website at www.shechen.org.

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

Seven Keys to a Life of Joy and Enlightenment

Nicomachean Ethics

The Ultimate Happiness Prescription

7 Step Mindset Makeover

My Life Today

The Thirty-seven Verses on the Practice of a Bodhisattva

Wonder Drug

The #1 international bestseller from the author of "reveals how all of us can live happier lives" (Gretchen Rubin). What is the formula for a happy life? Neil Pasricha is a Harvard MBA, a New York Times–bestselling author, a Walmart executive, a father, a husband. After selling more than a million copies of the Book of Awesome series, wherein he observed the everyday things he thought were awesome, he now shifts his focus to the practicalities of living an awesome life. In his new book The Happiness Equation, Pasricha illustrates how to want nothing and do anything in everything. If that sounds like a contradiction in terms, you simply have yet to unlock the 9 Secrets to Happiness. Each secret takes a piece out of the core of common sense, turns it on its head to present it in a completely new light, and then provides practical and specific guidelines for how to apply this new outlook to lead a fulfilling life. Once you've unlocked Pasricha's 9 Secrets, you will understand counter intuitive concepts such as: Success Does Not Lead to Happiness, Never Take Advice, and Retirement Is a Broken Theory. You will learn and then master three brand-new fundamental life tests: the Saturday Morning Test, The Bench Test, and the Five People Test. You will know the difference between external goals and internal goals and how to make more money than a Harvard MBA (hint: it has nothing to do with your annual salary). You will discover that true wealth has nothing to do with money, multitasking is a myth, and the elimination of options leads to more choice. The Happiness Equation is a book that will change how you think about pretty much everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

A seven-week study to unlock the secrets to healing and get on the journey to whole-life, life-long wellness. The solution to obesity, diabetes, hypertension, cardiovascular disease, mental health problems and other acquired diseases. An evidence-based approach. Simple, scalable, sustainable. Designed for individual use or as part of a small group.

From the New York Times Bestselling Author: Can God be revived in a skeptical age? What would it take to give people a spiritual life more powerful than anything in the past? Deepak Chopra tackles these issues with eloquence and insight in this book. He proposes that God lies at the source of human awareness. Therefore, any person can find the God within that transforms everyday life. God is in trouble. The rise of the militant atheist movement spearheaded by Richard Dawkins signifies, to many, that the deity is an outmoded myth in the modern world. Deepak Chopra passionately disagrees, seeing the present moment as the perfect time for making spirituality what it really should be: reliable knowledge about higher reality. Outlining a path to God that turns belief into the first step of awakening, Deepak shows us that a crisis of faith is like the fire we must pass through on the way to power, truth, and love. " Faith must be saved for everyone " s sake. " he writes. " From faith springs a passion for the eternal, which is even stronger than love. Many of us have lost that passion or have never known it. " In any age, faith is a cry from the heart. God is the higher consciousness that responds to the cry. " By itself, faith can " t deliver God, but it does something more timely. It makes God possible. " For three decades, Deepak Chopra has inspired millions with his profound writing and teaching. With The Future of God, he invites us on a journey of the spirit, providing a practical path to understanding God and our own place in the universe. Now, is a moment of reinvigoration, he argues. Now is moment of renewal. Now is the future.

The Seven Whispers Maintain peace of mind Move at the pace of Guidance Practice courage Surrender to surprise Ask for what you need and offer what you can Love the folks in front of you Return to the world In The Seven Whispers, journal writing pioneer Christina Baldwin teaches us to listen to the inner voice that originates from each of our souls—the voice of spirit. Though we may call this voice by whatever name has meaning for us—spirit, intuition, or God—hearing it is a universal human experience. Built around seven phrases, or whispers, Baldwin's book is a personal guide for finding and listening to that voice. A powerful call to reinvision our lives, told in the voice of a trusted friend, The Seven Whispers delivers a wonderfully inspiring yet practical spirituality.

Grow Younger, Live Longer

Lost Connections

My Somewhat Messy Journey to Purpose, Peace, and Joy

Meditations

Get Off Your "But"

Power, Freedom, and Grace

Want Nothing + Do Anything = Have Everything

Years in the making, Sarah J. Maas's #1 New York Times bestselling Throne of Glass series draws to an epic, unforgettable conclusion. Aelin Galathynius's journey from slave to king's assassin to the queen of a once-great kingdom reaches its heart-rending finale as war erupts across her world. . . Aelin has risked everything to save her people-but at a tremendous cost. Locked within an iron coffin by the Queen of the Fae, Aelin must draw upon her fiery will as she endures months of torture. Aware that yielding to Maeve will doom those she loves keeps her from breaking, though her resolve begins to unravel with each passing day. . . With Aelin captured, Aedion and Lysandra remain the last line of defense to protect Terrasen from utter destruction. Yet they soon realize that the many allies they've gathered to battle Erawan's hordes might not be enough to save them. Scattered across the continent and racing against time, Chaol, Manon, and Dorian are forced to forge their own paths to meet their fates. Hanging in the balance is any hope of salvation-and a better world. And across the sea, his companions unwavering beside him, Rowan hunts to find his captured wife and queen-before she is lost to him forever. As the threads of fate weave together at last, all must fight, if they are to have a chance at a future. Some bonds will grow even deeper, while others will be severed forever in the explosive final chapter of the Throne of Glass series.

"Sean is an amazing person with an important message." —President Bill Clinton "Sean Stephenson is the Yoda of personal development, with less pointy ears." —Jimmy Kimmel, host of ABC's Jimmy Kimmel Live "As we struggle with inertia to become the best that we can be, Sean Stephenson's book informs and inspires us to stand up and keep moving forward. Thank you, Sean, for your life, your work, and your abundant sharing." —Ken Blanchard, coauthor, The One Minute Manager "Sean Stephenson is a hero to me.When you read his book, he will be a hero to you as well. His moving stories about himself and others who have found the gifts in their pain will teach you so much about courage and, just as important, you will learn how to build your ownsense of confidence when it comes to health, career, relationships, and more. Do yourself a favor read this book!" —Susan Jeffers, Ph. D., author, Feel the Fear and Do It Anyway® and Embracing Uncertainty

In this refreshing new take on spirituality, bestselling author Deepak Chopra uses a fictional tale of a comedian and his unlikely mentor to show us a path back to hope, joy, and even enlightenment—with a lot of laughter along the way. Meet Mickey Fellows. A successful L.A. comedian, he's just a regular guy, with his fair share of fears, eccentricities, and addictions. After his father's death, Mickey meets a mysterious stranger named Francisco, who changes his life forever. The two begin an ongoing discussion about the true nature of being. Reluctantly at first, Mickey accepts the stranger's help and starts to explore his own life in an effort to answer the riddles Francisco poses. Mickey starts to look at those aspects of himself that he has hidden behind a wall of wisecracks all his life. Eventually Mickey realizes that authentic humor opens him up to the power of spirit—allowing him to finally make real connections with people. After taking the reader on a journey with Mickey, Chopra then spells out the lessons that Mickey's story imparts to us: ten reasons to be optimistic, even in our challenging world. Chopra believes that the healthiest response to life is laughter from the heart, and even in the face of global turmoil, we can cultivate an internal sense of optimism. Rich with humor and practical advice, Why Is God Laughing? shows us without a doubt that there is always a reason to be grateful, that every possibility holds the promise of abundance, and that obstacles are simply opportunities in disguise. In the end, we really don't need a reason to be happy. The power of happiness lies within each of us, just waiting to be unleashed. And Mickey Fellows's journey shows us the way.

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

The Blue Zones Kitchen

Christmas in a Book (Uplifting Editions)

Living from the Source of Lasting Happiness

Unlocking The Hidden Dimensions Of Your Life

How to End Self-Sabotage and Stand Up for Yourself

Alcoholics Anonymous

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

The basic text for Alcoholics Anonymous.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful stop to a happier, more harmonious, and more abundant life.

A troubled young mother yearns for a shot at redemption in this heartbreaking yet hopeful story from #1 New York Times bestselling author Colleen Hoover. After serving five years in prison for a tragic mistake, Kenna Rowan returns to the town where it all went wrong, hoping to reunite with her four-year-old daughter. But the bridges Kenna burned are proving impossible to rebuild. Everyone in her daughter's life is determined to shut Kenna out, no matter how hard she works to prove herself. The only person who hasn't closed the door on her completely is Ledger Ward, a local bar owner and one of the few remaining links to Kenna's daughter. But if anyone were to discover how Ledger is slowly becoming an important part of Kenna's life, both would risk losing the trust of everyone important to them. The two form a connection despite the pressure surrounding them, but as their romance grows, so does the risk. Kenna must find a way to absolve the mistakes of her past in order to build a future out of hope and healing.

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.

Ten Steps to Reverse Aging

The Happiness Equation

7 Keys to Joy and Enlightenment

Refocus Your Thoughts and Take Charge of Your Life

The Daily Show (The Book)

Discovering Your Cosmic Self and Why It Matters

Jacket Comes Off. Ornaments Pop Up. Display and Celebrate!

"As a mom, wife, and social media entrepreneur, Mallika Chopra frequently wondered how she could possibly do one more thing. Like so many, she was taking lousy care of herself and having a difficult time finding richer meaning and purpose in each day, even though that was her business's mission. Living with Intent is a practical yet deeply personal look at her year-long journey to discover some workable answers.

Along the way, she sat down with Andrew Weil, Eckhart Tolle, Gretchen Rubin, Marianne Williamson, Daniel Siegel, and others, who shared their valuable input and insight"--

This little gift book turns into a beautiful holiday decoration. A novel way to usher in the holidays, Christmas in a Book transforms into a cheerfully decorated tree that you can display on a desk, table, or mantle. The pages feature familiar lyrics from "The Twelve Days of Christmas" along with pop-up branches decorated with ornaments representing each of the twelve days. Simply take the jacket off, pop the

branches up, and turn this book into an instant Christmas tree, complete with ladies dancing, drummers drumming, and a partridge in a pear tree. Special Features Jacketed hardcover with 24 pages and 8 pop-up elements Full-color illustrations (including metallic gold ink) throughout. Check out the other books in this trademarked series: Happy Day: A Bouquet in a Book, Thinking of You: A Bouquet in a Book, Succulents

in a Book, Birds in a Book, Party in a Book and Hanukkah in a Book.

Best Seller: Over 2 Million People Have Now Enjoyed This Life-Changing, Inspirational Book An inspirational book that will change your life, The 7 Keys to Success contains an important message - it is time for you to wake-up and start living the life you were born to live. Once you acquire these seven important keys, you will not only go on to be astonishingly successful in life, you will also know that inner peace that comes from living a life that truly matters; one that actually makes a difference. A truly motivational, self help book that will challenge you to rethink your life and what is really important to you. Start believing in yourself, develop your confidence and go on to achieve your dreams. About White Dove Books Founded in the year 2000, White Dove Books has become synonymous with inspirational books, both fiction and non-fiction. We are passionate about personal development and we believe that life holds a specific purpose for you. Our mission is to help people to develop their own unique talents, abilities and passion in order that they may lead more meaningful, joyful and fulfilled lives.

The Seven Whispers

AARP The Seven Spiritual Laws of Yoga

Reminders of Him

100 Recipes to Live to 100

Reinventing the Body, Resurrecting the Soul