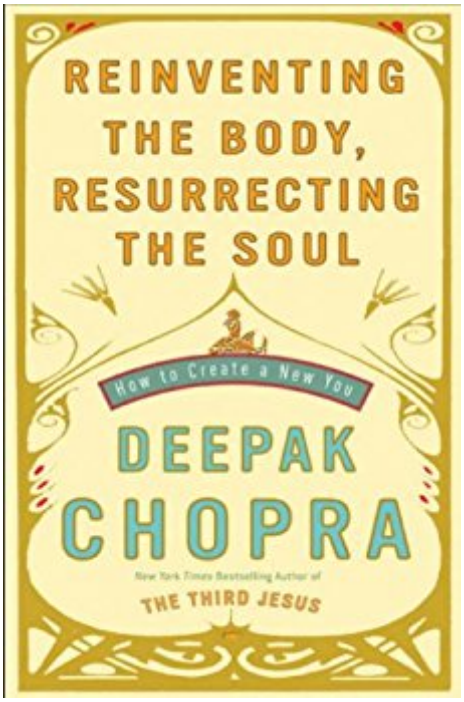
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Reinventing The Body, Resurrecting The Soul: How To Create A New You



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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"Ã¢â ¬â œthe 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 soulÃ¢â ¬â œseemingly invisible, aloof, and apart from the material worldÃ¢â ¬â œactually 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 breakthroughsÃ¢â ¬â œfive for the body, five for the soulÃ¢â ¬â œthat 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 meaningÃ¢â ¬â œdirectly 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.From the Hardcover edition.

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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!

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