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Vida Y Crea Los Milagros Que Has Soa Ado  
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# **Sincro Destino Descifra El Significado Oculto De Las Coincidencias En Tu Vida Y Crea Los Milagros Que Has Soa Ado Spanish Edition**

Deepak Chopra has discovered the delights—and frustrations—of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf professionals and developed a 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.

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**DESCRIPCION DEL LIBRO ORIGINAL:**La vida nos sorprende con situaciones en las que las coincidencias ocurren cada día, en cada jornada. En esta obra, Deepak Chopra muestra que esas coincidencias son, en realidad, portadoras de mensajes que destacan el potencial increíble de cada momento. Esas coincidencias tienen sus raíces en fuerzas profundas que yacen en el núcleo mismo de nuestra vida. Entender esas fuerzas que las provocan, permite vivir en un nivel óptimo, experimentar una especie de renacimiento que transforman la vida en una experiencia deslumbrante.Sincrodestino propone una nueva manera de vivir a partir de un cambio en la forma de percibir la existencia.

**-SOBRE SAPIENS EDITORIAL: EL AUTOR DEL RESUMEN**

Los libros son mentores. Pueden guiar lo que hacemos en nuestras vidas y cómo lo hacemos. Muchos de nosotros amamos los libros mientras los leemos y hasta resuenan con nosotros algunas semanas después, pero luego de 2 años no podemos recordar si lo hemos leído o no. Y eso no está bien. Recordamos que en el momento, aquel libro significó mucho para nosotros. ¿Por qué es que tiempo después nos hemos olvidado de todo? Este resumen toma las ideas más importantes del libro original. A muchas personas no les gusta leer, solo quieren saber qué es lo que el libro dice que deben hacer. Si confías en el autor no necesitas de los argumentos. La gran parte de los libros son argumentos de sus ideas, pero muy a menudo no necesitamos argumentos si confiamos en la fuente. Podemos entender la idea de inmediato. Toda esta información está en libro original. Este resumen hace el esfuerzo de reducir las redundancias y convertirlas en instrucciones directo al grano para las personas que no tienen intención de leer el libro en su totalidad. Esta es la misión de Sapiens Editorial.

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the

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secrets of life? Let me recommend that you start right here."

—Ken Wilber, author of *A Brief History of Everything* We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. *The Book of Secrets*—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," *The Book of Secrets* is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

The ancient Toltecs believed that life as we perceive it is a dream. We each live in our own personal dream, and all of our dreams come together to make the Dream of the Planet. Problems arise when we forget that the dream is just a dream and fall victim to believing that we have no control over it. "The Mastery of Self" takes the Toltec philosophy of the Dream of the Planet and the personal dream and explains

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how a person can: Wake upLiberate themselves from illusory beliefs and storiesLive with authenticity Once released, we can live as our true, authentic, loving self, not only in solitude and meditation, but in any place--at the grocery store, stuck in traffic, etc.--and in any situation or scenario that confronts us.

The Ruiz family has an enormous following, and this new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world. This new book from don Miguel, Jr. will be greeted with enthusiasm by fans around the world.

As elegant as his bestselling How to Know God and as practical as his phenomenal The Seven Spiritual Laws of Success, this groundbreaking new book from Deepak Chopra contains a dramatic premise: Not only are everyday coincidences meaningful, they actually provide us with glimpses of the field of infinite possibilities that lies at the heart of all things. By gaining access to this wellspring of creation, we can literally rewrite our destinies in any way we wish. From this realm of pure potential we are connected to everything that exists and everything that is yet to come.

“Coincidences” can then be recognized as containing precious clues about particular facets of our lives that require our attention. As you become more aware of coincidences and their meanings, you begin to connect more and more with the underlying field of infinite possibilities. This is when the magic begins. This is when you achieve the spontaneous fulfillment of desire. At a time when world events may leave us feeling especially insignificant and vulnerable, Deepak Chopra restores our awareness of the awesome powers within us. And through specific principles and exercises he provides the tools with which to create the magnificent, miraculous life that is our birthright.

De vez en cuando suceden coincidencias que a primera vista no tienen el menor significado o alguna razón de ser especial, pero que llaman la atención. Deepak Chopra

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presenta ahora Sincrodestino, obra en donde muestra el poder de las coincidencias significativas y la manera de identificarlas en medio del cmulo de sucesos cotidianos, con la finalidad de utilizarlas e interpretar los mensajes que ofrecen. Una vez que se dominan los principios de las sincronas y se encuentra su lazo con el propio destino, se pueden utilizar para crear abundancia en todas las reas de la vida. ENGLISH DESCRIPTION If you ask yourself: How have I arrived here? What meaning does my life have? or What is the next step?, this book will provide the tools and the inspiration that will take you to the next level of success and satisfaction. This groundbreaking new book from Deepak Chopra contains a dramatic premise: Not only are everyday coincidences meaningful, they actually provide us with glimpses of the field of infinite possibilities. As you become more aware of coincidences and their meanings, you begin to connect more and more with the underlying field of infinite possibilities. With this book, he creates a program that opens the mind and changes the way we see life, permanently, and makes the following invitation to his readers: if you are surprised by the way in which situations of your life are intertwined, and you want to consciously participate in the realization of your dreams, you are ready for SynchroDestiny. Deepak Chopra is acknowledged as one of the world's greatest leaders in the field of mind body medicine. Chopra is known worldwide for his published works. He is the author of more than 35 books and more than 100 audio, video and CD-ROM titles, he has been published on every continent, and in dozens of languages. In 1999, Time Magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century, and credits him as "the poet-prophet of alternative medicine." His recent experiences as a golfer, allowed him to discover the potentials of this sport. Chopra published his spiritual transformation with golf in his book Golf for

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Sincrodestino / The Spontaneous Fulfillment of Desire Descifra El Significado De Las Coincidencias Y Crea Los Milagros Que Has Sonado / Harnessing the Infinite Power of Coincidence

Deepak Chopra has written his most ambitious and important work yet -- an exploration of the idea that everyone can have the direct experience of divinity. According to Chopra, the brain is hardwired to know God. The human nervous system has seven biological responses that correspond to seven levels of divine experience. These are shaped not by any one religion, but by the brain's need to take an infinite, chaotic universe and find meaning in it. As we make sense of the swirling "quantum soup", we inevitably find the face of God. In this remarkable book Chopra shows us how. How to Know God is Chopra's writing at its very best, an internationally celebrated blend of philosophy and science applied to the greatest subject of all. This is what each of us quests for, whether we realize it or not. For, as Chopra writes, "God is our highest instinct to know ourselves".

A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: bestselling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's. They have merged their wisdom and expertise for a bold new understanding of the "three-pound universe" and its untapped potential. In contrast to the "baseline brain" that fulfills the tasks of everyday life, Chopra and Tanzi propose that,

through a person's increased self-awareness and conscious intention, the brain can be taught to reach far beyond its present limitations. "We are living in a golden age for brain research, but is this a golden age for your brain?" they ask. Super Brain explains how it can be, by combining cutting-edge research and spiritual insights, demolishing the five most widespread myths about the brain that limit your potential, and then showing you methods to: -Use your brain instead of letting it use you -Create the ideal lifestyle for a healthy brain -Reduce the risks of aging -Promote happiness and well-being through the mind-body connection -Access the enlightened brain, the gateway to freedom and bliss -Overcome the most common challenges, such as memory loss, depression, anxiety, and obesity Your brain is capable of incredible healing and constant reshaping. Through a new relationship with your brain you can transform your life. In Super Brain, Chopra and Tanzi guide you on a fascinating journey that envisions a leap in human evolution. The brain is not just the greatest gift that Nature has given us. It's the gateway to an unlimited future that you can begin to live today.

Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest peak experiences so we can see our truth

and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, attending physician, New York–Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands.

Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality. Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak Chopra and David Simon contend that Twelve-Step methods don't work for everyone because they emphasize personal powerlessness; it's this admission of powerlessness that keeps many people from ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a proven method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework:

1. Commit to transformation
2. Commit to ending repeat mistakes
3. Face the harsh reality of the past
4. See the infinite possibilities available in the

present moment 5. Envision where you want to be 6.  
Ask yourself what choices need to be made to  
actualize vision 7. Create an action plan

Deepak Chopra brings the Buddha back to life in this gripping New York Times bestselling novel about the young prince who abandoned his inheritance to discover his true calling. This iconic journey changed the world forever, and the truths revealed continue to influence every corner of the globe today. A young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Betrayed y those closest to him, Siddhartha abandons his palace and princely title. Face-to-face with his demons, he becomes a wandering monk and embarks on a spiritual fast that carries him to the brink of death. Ultimately recognizing his inability to conquer his body and mind by sheer will, Siddhartha transcends his physical pain and achieves enlightenment. Although we recognize Buddha today as an icon of peace and serenity, his life story was a tumultuous and spellbinding affair filled with love and sex, murder and loss, struggle and surrender. From the rocky terrain of the material world to the summit of the spiritual one, Buddha captivates and inspires—ultimately leading us closer to understanding the true nature of life and ourselves. El regalo para que tú y tus hijos aprendan nuevas maneras de ser. El arte de educar pone en tus manos la responsabilidad de crear niños sanos,

seguros, creativos, empáticos con sus necesidades y las de otros. Nosotros, los padres, somos acompañantes de esas almas que son nuestros hijos; nuestra responsabilidad es conocerlos, caminar con ellos a lo largo de sus vidas. Si logramos ver la grandeza de sus espíritus, si nos volvemos verdaderos compañeros, daremos el primer gran paso: construir una relación sana. ¿En qué lugar quedamos cuando regañamos a nuestros hijos? ¿Cuántas veces nos hemos sentado con ellos realmente a escucharlos, a mostrarnos curiosos por lo que están viviendo sin tratar de imponernos? ¿Cuál es nuestro lenguaje corporal frente a ellos y cómo nos perciben? Éstas y muchas otras preguntas nos hace Alejandra Llamas a lo largo de su libro para que reflexionemos acerca de nuestra postura y para que aprendamos a desarrollar nuevas herramientas que nos enseñen a ser padres que nutren. El arte de educar pone en tus manos la responsabilidad de crear niños sanos, seguros, creativos, empáticos con sus necesidades y las de otros. Éste es el propósito: convertirnos en padres-guía y maestros de nuestros niños, pero también en sus alumnos para tener la capacidad de aprender lo que nos vienen a enseñar. Este libro, en pocas palabras, puede ser el gran regalo para que tú y tus hijos aprendan nuevas maneras de ser.

The most popular occult work of the twentieth century--now in a hardbound edition that evokes the

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original volume, with a new introduction by scholar of mysticism Richard Smoley. For generations, readers have debated the origins and studied the knowledge of this mysterious exploration of Hermetic wisdom, attributed to "Three Initiates." Now in its second century, The Kybalion is restored to hardcover in a beautiful vegan-leather casing with gold stamping, acid-free paper, gold-foil page edges, and a red ribbon place marker. This commemorative volume evokes the appearance of the occult landmark's first edition. The new introduction by Richard Smoley, a celebrated scholar of mystical traditions, makes this a historical keepsake.

In *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 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

**ABOUT THE ORIGINAL BOOK** The Knight in Rusty Armor has been a real success among its audience, selling more than one million copies worldwide. It is considered to be a motivational book that falls into the self-help category. It is an easy-to-follow narrative, making it accessible to everyone, built with some humor, and is enjoyed by adults, teenagers and children alike. The book tells a story of a somewhat egocentric man, who lives his life concerned with his appearance. Everything he does is without consideration for his wellbeing, rather with the aim of seeking approval of others... Little by little he is locked in his armor, which over time rusts and leaves him imprisoned by his appearance. Then comes a life of reflection and recovery for him. He embarks on a journey to free himself from his prison, during which he enlists the help of a magician. It is an excellent allegory that teaches the importance of being who you are on the inside, without the need to mask your appearance.

El Mapa de Vida evoca tu sentido de realización, plenitud y trascendencia. Como aspirante a líder auténtico, crear tu Mapa de Vida es la segunda asignatura que debes cumplir. Primero hay que aprender a vivir en armonía a través de un balance individual, cuya consecuencia es la generación de un equilibrio

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colectivo. El Mapa de Vida te ayudará a recorrer un camino en el que descubrirás tu verdadera identidad. En este viaje encontrarás un punto de partida, tu propósito de vida, y un punto de llegada, tu sueño de vida; te acompañarán los guardianes de tu destino, que son tus principios de actuación, y evaluarás tu avance a partir de indicadores clave de realización, los retos que encienden tu corazón en la gran aventura de la vida. Vivir con un Mapa de Vida significa para ti la posibilidad de enfocar la energía de tus sentimientos y pensamientos, conversaciones, relaciones y acciones con el fin de potenciar tu ser auténtico y expresar la mejor versión de ti mismo en la construcción de un mundo mejor para todos.

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.

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Explores a new phase of human evolution that reflects a growing understanding about authentic, spiritual power based on cooperative beliefs and a reverence for life.

??"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." - The Buddha ?? Buddhism: Buddhism for Beginners, A Guide to Buddhist Teachings, Meditation, Mindfulness, and Inner Peace ??Download This Great Book Today! Available To Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet!??Buddhism is one of the oldest religions in the world but until recently it has been unknown and inaccessible outside of Asia.This book will provide you an introduction to the history of Buddhism and its teachings and practices.Along with Buddhist philosophies there are many practices to incorporate into your daily life such as meditation and mindfulness to help calm your mind, reduce stress and anxiety.??"When we meet real tragedy in life, we can react in two ways - either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.Thanks to the teachings of Buddha, I have been able to take this second way." - The Dalai Lama??This is a guide to Buddhism for beginners but includes quotes and resources to guide you towards more advanced Buddhist teachings and writing if you wish to develop your own study of Buddhism further. Here Is A Preview Of What's Included... An introduction to Buddhist Philosophies and Teachings The history of Buddhism and the Life of the Buddha Key Buddhism concepts such as Karma, suffering, Samsara and Nirvana The Four Noble Truths

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of Buddhism The Eightfold Path, The Five Precepts and  
The Middle Way Practicing Buddhism in every day life  
How to practice mindfulness to reduce stress and  
increase happiness Meditation practices apps, and  
resources Meditation to obtain calm and clarity over your  
thoughts Much, Much More! ?? "Worrying doesn't take  
away tomorrow's trouble's, it takes away today's peace" -  
The Buddha ?????To purchase this book scroll to the top  
and select Buy now with 1 Click ??

The basis for the PBS Special, What Are You Hungry  
For? is the breakthrough book that can bring weight  
under effortless control by linking it to personal fulfillment  
in every area of a reader's life. After promoting this  
message worldwide for thirty years, bestselling author  
Deepak Chopra focuses on the huge problem of weight  
control in America with exciting new concepts. What are  
you hungry for? Food? Love? Self-esteem? Peace? In  
this manual for "higher health," based on the latest  
findings in both mainstream and alternative medicine,  
Deepak Chopra creates a vision of weight loss based on  
a deeper awareness of why people overeat - because  
they are trying to find satisfaction and wind up using food  
as a substitute for real fulfillment. Repudiating the failed  
approaches of crash dieting and all forms of deprivation,  
Chopra's new book aims directly at the problem of  
finding fulfillment. When that problem is solved, he  
argues, normal eating falls into place automatically, and  
the entire system of mind and body achieves what it  
really desires. "Everyone's life story is complicated, and  
the best intentions go astray because people find it hard  
to change," writes Chopra. "Bad habits, like bad

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memories, stick around stubbornly when we wish they'd go away. But you have a great motivation working for you, which is your desire for happiness. I define happiness as the state of fulfillment, and everyone wants to be fulfilled. If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: "What am I hungry for?" Your true desire will lead you in the right direction. False desires lead in the wrong direction." Wherever you are in life, this book will help point you in that right direction.

In her new book, *How to Rule the World from Your Couch*, Laura Day teaches you or your company how to create success in any area by using your brain in unique and compelling ways so that your innate intuition can propel you ahead to successful solutions. The step-by-step exercises included -- many of which can (and should!) be done from the comfort of your couch -- will show you how you can:

- Find and secure your dream job
- Maintain solid relationships, even at a distance
- Lose weight by reclaiming the body you were meant to have
- Know how to spot your perfect mate
- Make better investments and business decisions
- Negotiate differences in the workplace
- Have an understanding relationship with your child
- Identify which opportunities will pan out
- Project a desirable image for yourself or your product
- Anticipate and resolve difficult conflict before you walk into a situation

Laura's work has helped demystify intuition and demonstrate its practical, verifiable uses in the fields of business, science, medicine, and personal growth. Her list of clients and students includes doctors, financial investors, scientists,

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engineers, and celebrities. Day has shown that 98 percent of success is planning and that you, therefore, have the power to transform your life.

"Discover how to summon the energy of the universe to make your dreams come true with this guide to a powerful method by Japan's leading astrologer"--

The text covers the current research of Western medicine, neuroscience, and physics with the insights of Ayurvedic theory to show that the human body is controlled by a "network of intelligence" grounded in quantum reality. Not a superficial psychological state, this intelligence lies deep enough to change the basic patterns that design our physiology, with the potential to defeat cancer, heart disease, and ageing.

Dr. Deepak Chopra presents an ailment-specific program that tailors the benefits of Ayurvedic medicine to the treatment of digestive disorders. By following Dr. Chopra's suggestions, readers can learn to overcome intestinal problems in a natural way that takes their specific needs into account.

People are seeking the answer to the confusion, the moral sickness, the spiritual emptiness that oppresses the world. We are all crying out for guidance. For comfort. For peace. Is there a way out of our dilemma? Can we really find personal peace with God? Yes! But only if we look in the right place. The Key to Personal Peace not only includes trusted Biblical insights from renowned evangelist Dr. Billy Graham, but also includes the full gospel of John, making the book a perfect gift for evangelism or outreach. The Key to Personal Peace offers a look into how to live life in the fullness of God.

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Sections include: The Great Quest Our Dilemma What is God Like What Did Jesus Do for Us? Finding the Way Back Peace at Last Heaven, Our Hope Note: Must be ordered in multiples of 50.

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.

Mucho se ha escrito del cambio personal. Existen una variedad de libros en cuanto a temas que te ofrecen de alguna forma herramientas de crecimiento personal. No obstante, este texto es el resultado de un trabajo interno que relata algunas experiencias personales, y acerca del trabajo que la autora, ha venido realizando para obtener mejores resultados en todos los ámbitos de su vida. Por ello se pudiese reconocer como una invaluable y hermosa guía de cambio para cualquier persona que así lo desee. Da muestra de sencillas herramientas para que cada persona sea participe y responsable de su cambio, es un texto práctico porque invita al lector a reflexionar y a trabajar por ti mismo, a que tengas el

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compromiso de trabajar por lo que quieres. Se enmarca bajo la premisa que cada persona tiene el poder de trabajar por lo que desea, por sus sueños, y no esperar ni depender del entorno, del trabajo o de lo que se tenga. Asimismo, este texto reúne un sinnúmero de acotaciones de otros autores que han trabajado el cambio a través de la herramienta de “coaching”, autores que han ayudado a miles de personas a encontrar su camino desde la visión de la autoayuda. Es por ello, que “¿Qué tan feliz eres?” te permitirá tener referencias válidas y enseñanzas que se han venido trabajando durante siglos, desde conocerse a sí mismo, es una de ellas; un autoconocimiento plasmado desde los tiempos de la mayéutica socrática, ahora representado como aspecto esencial del “coaching”, que tendrá participación primordial en el contenido de este texto. Además, te invita a buscar desde el Ser, profundizando ¿Qué es lo que más quieres en tu vida?, comprender y ser consciente acerca de ¿Qué te hace feliz?, ¿Cómo lograrlo? Quererte y aprender el poder de la mente y de las afirmaciones. Es en resumen un trabajo interpersonal. La pregunta que el lector debe hacerse para saber sobre su interés por el cambio personal, metas o trabajar por lo que quiere, es ¿Qué tan feliz quieres ser?

A comprehensive guide to physical and spiritual health cites the importance of understanding the human body and presents a parable of self-exploration and discovery that covers how to let go of an unhealthy past. Reprint. Las coincidencias cotidianas nos permiten entrever un campo de posibilidades infinitas en el corazón de todas

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las cosas. Si comprendemos este poder, podremos reescribir nuestro destino. Sincrodestino de Deepak Chopra, autor de El alma del liderazgo e Iluminación, contiene ejercicios prácticos para poder llevar a cabo los principios que desarrolla el autor. ¿Te has parado a pensar cuál es el mensaje que esconden las distintas coincidencias que te ocurren a lo largo del día? De vez en cuando suceden coincidencias que a primera vista no tienen el menor significado o alguna razón de ser en especial, pero que llaman la atención. Deepak Chopra presenta ahora Sincrodestino, obra en donde muestra el poder de las coincidencias significativas y la manera de identificarlas en medio del cúmulo de sucesos cotidianos, con la finalidad de utilizarlas e interpretar los mensajes que ofrecen. Una vez que se dominan los principios de las sincronías y se encuentra su lazo con el propio destino, se pueden utilizar para crear abundancia en todas las áreas de la vida. Cada una de ellas esas coincidencias transmite un potencial milagroso... Sólo hay que entender las fuerzas que las provocan y lograremos vivir en un nivel más profundo y acceder al núcleo de nuestra existencia, donde yace el flujo de la sincronicidad: un renacimiento que nos traerá nuevas maneras de percibir y de ser, y que transforma nuestra vida en una experiencia deslumbrante. Lo que ha dicho la crítica: "La estrella del rock de la nueva espiritualidad." -The Guardian- "Sin duda uno de los filósofos más lúcidos e inspirados de nuestra época." -Mikhail Gorbachev-

DESCRIPCION DEL LIBRO ORIGINAL: La vida nos sorprende con situaciones en las que las coincidencias

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ocurren cada día, en cada jornada. En esta obra, Deepak Chopra muestra que esas coincidencias son, en realidad, portadoras de mensajes que destacan el potencial increíble de cada momento. Esas coincidencias tienen sus raíces en fuerzas profundas que yacen en el núcleo mismo de nuestra vida. Entender esas fuerzas que las provocan, permite vivir en un nivel óptimo, experimentar una especie de renacimiento que transforman la vida en una experiencia deslumbrante. Sincrodestino propone una nueva manera de vivir a partir de un cambio en la forma de percibir la existencia. American doctor Michael Aulden is one of thirty-six pure souls who can keep the world from a descent into evil, but he and the woman he love will have to join forces against a destructive young man known as The Prophet. The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece is a book originally published in 1908 by New Thought author William Walker Atkinson under the pseudonym "The Three Initiates". This book is not exactly The Kybalion itself, it is more of a critical interpretation by Atkinson on hermetic philosophy. As such, it should be read with this in mind that it is not an authoritative hermetic text, but one only dedicated to Hermes Trismegistus. The Kybalion presents seven universal principles it proposes to be the Seven Hermetic Principles: Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect, and Gender. These principles are essentially explications of cycles, and before these principles is the notion of the primacy of mind as the cause of All (philosophical mentalism). This idea of mentalism is inspired by what is

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written about the Mind in The Hermetica. Coinciding with Spiritualism, New Thought, and Theosophy, the book became very popular in New Age movements, particularly with its notion of spiritual and mental alchemy. The Kybalion is a text which must be read with this in mind, while it is an interpretation of hermetic philosophy, it is in part still a relic of its time. Its influence cannot be understated, and the need to read it critically cannot be overstated.

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

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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.

Dr Deepak Chopra, the bestselling pioneer in mind/body medicine, shows how coincidences are messages about the miraculous potential of each moment. He reveals how, through understanding the forces that shape coincidences, you can learn to live at a deeper level and access the flow of synchronicity that lies at the heart of existence. You can start to transform your life through full-contact living, in which all things will be within your reach. Discover: - That there's no such thing as a meaningless coincidence - The seven principles of synchrodestiny - Practical techniques for applying those principles The seeds of a perfect destiny lie within you. This remarkable book will show you how to release their potential and live a life more wondrous than dreams. Are you suffering from self-sabotage, self-harm, low self-esteem, frustration and a lack of healthy boundaries? This book is about understanding that side of our minds

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that simply doesn't want to cooperate. The moment we understand how it works, we can turn it around and make it an ally instead of an enemy. That part of our mind is frequently underestimated because, while it has our best interests in mind (no pun intended), it operates in an outdated fashion, because it still thinks we live in the Stone Age. With this book, you will understand the real workings of that powerful mind of yours, and you will be able to easily change the beliefs that have been holding you back. You will not only learn a lot, you will love the anecdotes and laugh in the meantime.

"The Lost for Words Bookshop is a compelling, irresistible, and heart-rending novel, perfect for fans of The Storied Life of AJ Fikry and The Little Paris Bookshop. "The Lost for Words Bookshop pushes all my bookish buttons."--Red (Books to Read) "Quirky, clever and unputdownable."--Katie Fforde "Burns fiercely with love and hurt. A rare and beautiful novel."--Linda Green, bestselling author of While My Eyes Were Closed Loveday Cardew prefers books to people. If you look carefully, you might glimpse the first lines of the novels she loves most tattooed on her skin. But there are some things Loveday will never, ever show you. Into her hiding place - the bookstore where she works - come a poet, a lover, and three suspicious deliveries. Someone has found out about her mysterious past. Will Loveday survive her own heartbreaking secrets?"--

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