



## Reinventing the Body, Resurrecting the Soul: How to Create a New You (Paperback)

By M D Deepak Chopra

Random House USA Inc, United States, 2010. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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...



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