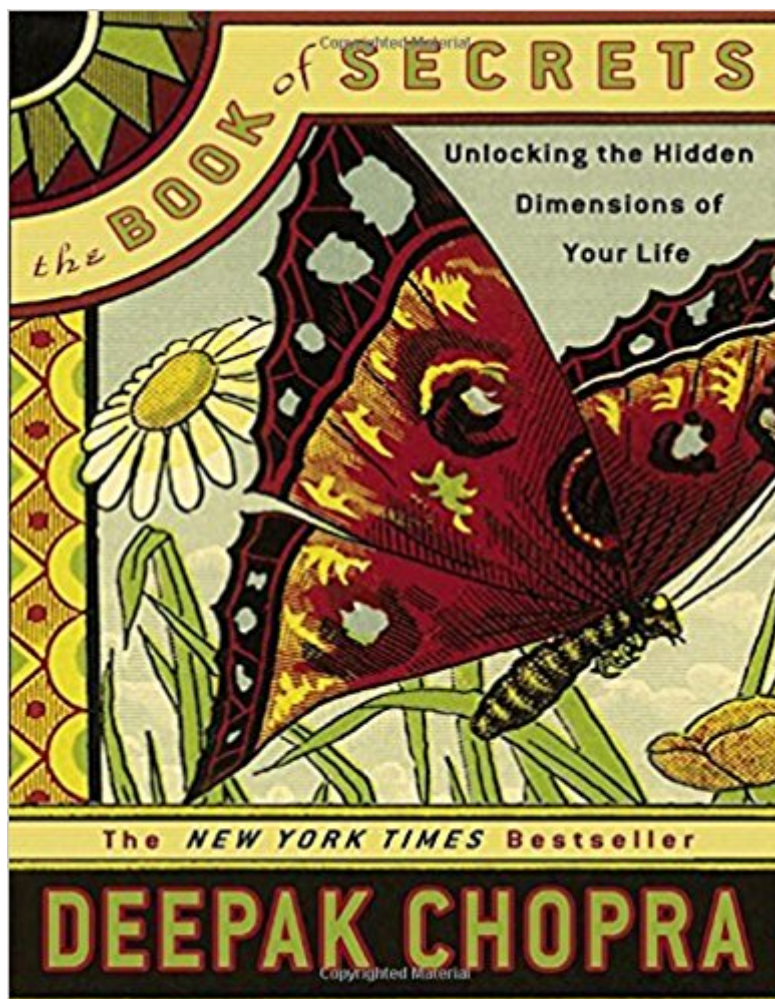


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The Book Of Secrets: Unlocking The Hidden Dimensions Of Your Life



Synopsis

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

Book Information

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Customer Reviews

Assuring readers that "finding the hidden dimensions in yourself is the only way to fulfill your deepest hunger," bestselling author Chopra shares 15 spiritual secrets for enlightenment. These secrets may sound easyâ€”"the world is in you," "what you seek, you already are," "freedom tames the mind"â€”but Chopra offers sophisticated thought to challenge a reader's spiritual status quo. Blending science and spirituality, he shows how the mystery of life can be illustrated by the wisdom and workings of one's body, as "every secret in this book goes back to the existence of an invisible intelligence that operates beneath the visible surface of life." The most important secret is transcending one's egocentric viewpoint and accepting a single, unified reality: "you are not in the world; the world is in you." Each well-written chapter offers a vibrant discussion of these distilled principles, including exercises to help readers apply these secrets to their lives. For example, Chopra focuses a chapter on how death makes life possible: "Only by facing death can you develop real passion for being alive." Chopra recasts death as a way to "imagine yourself into a new form with a new location in space and time." To do this, he suggests exfoliating one's self-image by imagining oneself at various stages of life, past and future: "When you see every earthly vestige of yourself vanish," he concludes, "you realize you will never succeed in extinguishing yourself." This isn't easy enlightenment. Chopra pushes his readers to do hard spiritual work in this thoughtful and thought-provoking book. Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"This inspiring book contains food for thought for anyone looking for answers to life's big questions... If you plan to work on your spiritual life over the festive season, this is one for your Christmas stocking" Health and Fitness "The rock star of the new spirituality" Guardian "The poet-prophet of alternative medicine" Time "Undoubtedly one of the most lucid and inspired philosophers of our time" Mikhail Gorbachev --This text refers to an out of print or unavailable edition of this title.

Although commercail exploitation it is very well done

Love it! Thank you!

Excellent guidance and by listening to audiobook, I can return as often as necessary to the very topic needing review. Thank you, Dr. Chopra. Pat Holland Conner, author "Doorways to Significance: Finding Peace, Power & Passion" "Becoming Significant: Awakening the Power Within"

very informative

Deepak Chopra is one of my favorite authors. I enjoy all of his books. This is one of my favorites of his and highly recommend it! I often times read his books and go back later and read them again because there is so much information in them that I apply them again to my life and often find things that I missed before. I would highly recommend.

I really enjoyed this book. It was very thought provoking and informative. It is however, a very "heavy" read. I can usually get thorough a book in a couple of days. This took me over a month, and I'm going to reread it several times over. It is one of those books that you get more insight each time you read it.

This is one of the best renditions by Deepak Chopra in which he encompasses and brings "home" a vast array of spiritual insights & knowledge. This is definitely Deepak Chopra at his best! This is substance made accessible to everyone. A wonderful spiritual tour no matter where you are on your spiritual journey. It has been a great pleasure for me. One of life's treasures.

Awesome!

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