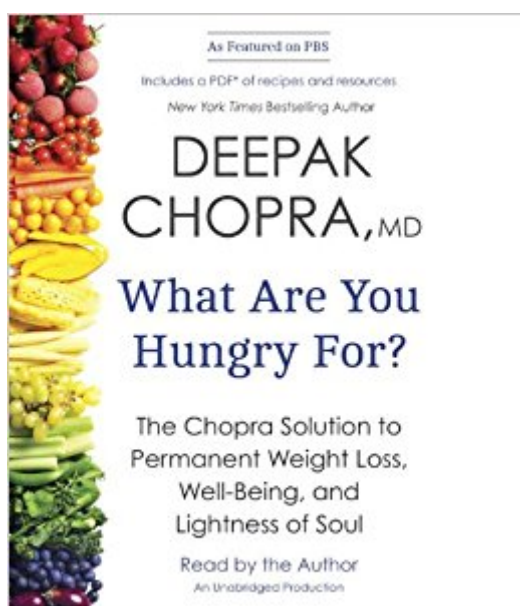


The book was found

What Are You Hungry For?: The Chopra Solution To Permanent Weight Loss, Well-Being, And Lightness Of Soul



Synopsis

Basis for the upcoming PBS Special! 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?* is the breakthrough audiobook that can bring weight under effortless control by linking it to personal fulfillment in every area of a listener's life. 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 audiobook 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 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 audiobook will help point you in that right direction. The audio edition includes a bonus PDF of recipes and resources from the book.

Book Information

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Customer Reviews

DEEPAK CHOPRA, MD is the author of more than 75 books translated into over 35 languages, including numerous New York Times bestsellers. Visit him at DeepakChopra.com.

This is another classic Chopra volume and it has many facets integrated into its diverse insights. Deepak is returning to the issues of health and happiness and now food as a complex and yet basic system requiring mindful living and practice. Nothing can be more basic than "food and nutrition and taste" and the many elements associated with food including emotions and relations. I bought this book the day it was released and have listened to the audio version two times already (by the 2nd day it was out). In this brilliant book Dr. Chopra uses his medical background as well as his studies in Ayurveda and nutrition sciences and also current research about GMO's and organic vs non-organic in a non-dogmatic, yet precise manner to inform and enlighten the reader in some of the new intricacies of food politics and advertising. He then offers solutions for the SAD diet and the processed sugar and fat laden lifeless food of the market while listing a colorful array of alternatives which draw much from the seeming less endless array of raw and fresh fruits and vegetables (and their rich content of phyto-nutrients) and other plant material and other wise choices for those seeking a real food alternative to "diets" that don't work. Dr Chopra uses the Phrase "Awareness eating to Awareness living." Yet just when this seems to be a book about diet and fresh foods and choices it starts a rich pattern of integrating all aspects of "nourishment" in the broadest sense and continues to integrate the many aspects of living that and lifestyle as well as habits that can affect our well-being. I have been a 100% raw living foods vegan for 40 years now so I was especially pleased to hear much devoted to "phyto nutrients and fresh foods." The book then investigates all of the aspects of consciousness and living which can have effects on the quality of life and ultimately on one's happiness and balance. Included in this book is much contemporary research on biochemical as well as psychological factors involved in the many levels of "nourishment." As always with Deepak Chopra's work the key is mind-body-and spirit, the Trinity. And true to his roots in Indian culture. Deepak brings back the insights of the science of Ayurveda to broaden the definitions of and insights into holistic nutrition as well as enlightening and enlightening the mind and body in a "full spectrum" approach. The review of emotional well-being and Self-regulation reviews many delightful and informative views on maintaining inner perspective and mindfulness.

Throughout the book Deepak uses a lovely phrase "lightness of Soul" which aptly describes the freedom from emotional-psychological and physical burdens and toxins. The last section of the book has many recipes and suggestions for meals and food preparations from the Chopra kitchen and center. Make no mistake, this is no mere food-diet-menu book. It truly draws upon the wisdom of many philosophies and sciences and modern science as well. I highly recommend this book from Deepak because it weaves together the practicalities of diet and food as well as the issues behind eating and the practices we can integrate to produce optimum health and nutrition as well as the practices needed for balance and insight.. Definitely 5 stars

A book that isn't like the myriad of diet books & workout videos out there! Instantly, you lose the guilt and complexity of diet failures! There's lots of love in this book that's easily transferred to the reader to achieve greater understanding & love for our own spirit/soul & bodies. There is no favorite chapter in this book because each one opens a door of ah-ha moments that fit perfectly with everyday scenarios. I read the book in 2 days....couldn't put it down....didn't WANT to put it down! Permission to EMBRACE who I am...where I am AT THIS MOMENT! The ENLIGHTENMENT & PURITY introduced with simple explanations & visualizations take away the need for exhausting medical & soul searches about "what's happening to my body?" I GOT THE MESSAGE THIS TIME & it's a message that easy to apply with a DAILY awareness that I enjoy. Here's to a new healthy life that makes me happier than I could ever imagine....ps: When I made CONSCIOUS decisions about what no longer works with my new lifestyle, I had even more enjoyment by packing brown bag lunches and finding those that were homeless to distribute the much wanted food that no longer worked with my own awarenesses. Thank you Deepak Chopra!!!

A very very helpful guide. This book offers knowledge that can restore or create a healthy relationship with food. I did not realize how many guilt feeling can be attached to eating until I read this book. Free your mind and just enjoy the gift and beauty of food! I LOVE DEEPAK!

Thoughts about weight loss, dieting, which are the focus of the first part of the book are very good. His eating plan is highly restrictive, rather unworkable...disappointing.

Once again Deepak Chopra shows us how to manage our health and come back to what's important. Just the title alone is helpful. When I am feeling stressed, or lonely, or thirsty, or worried, it's easy to turn to food for comfort and distraction. When I ask myself, "What am I hungry for?" I

have an opportunity to understand my feelings and discover what I need. His book offers a wonderful combination of science, medicine, mindfulness, and yummy recipes for good health. Try his simple technique of S-T-O-P: Stop what you are doing, Take a minute breathing break, Observe the bodily sensation of hunger, and Proceed with awareness. Thank you Deepak for your dedication to health and well-being. Rona Renner, RNAuthor of "Is That Me Yelling?"

Deepak Chopra is amazing. He helps you figure things out for your mind, body & spirit. It's uplifting and useful info. Excellent read. Highly recommend. Soul Food

good read

A great read.. Not a typical "fad diet" book Breaks down eating habits in their most logical sense.. "colors of the rainbow"...six tastes of light.. Bear in mind it's Deepak Chopra

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