



Overcoming Addictions: The Spiritual Solution (Perfect Health Library)

By Deepak Chopra M.D.

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"A new medicine is in the making, one in which mind, consciousness, meaning, and intelligence play key roles. One of the architects of the new medicine is Dr. Chopra, a credentialed, respected physician who has 'paid his dues' as a modern doctor."

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"Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research."
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"We can't help wishing he lived close enough to make house calls."
Judith Hooper, *New York Times Book Review*

"Dr. Chopra's writing has great beauty, great power, great delight, and much common sense"
Courtney Johnson, author of *Henry James and the Evolution of Consciousness*

"Dr. Chopra presents us with information that can help us live long, healthy lives."
Bernie Siegel, M.D., author of *Love, Medicine and Miracles*

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Bibliography

- Sales Rank: #271177 in Books
- Brand: Unknown
- Published on: 1998-03-24
- Released on: 1998-03-24
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .30" w x 5.20" l, .32 pounds
- Binding: Paperback
- 144 pages

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About the Author

Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Dr Deepak Chopra trained in India and the United States, and now runs the Chopra Center for Well Being in California. He has written over thirty books, which have been translated into thirty-five languages. He lectures and conducts seminars and workshops around the world. Visit his website at www.chopra.com

From [AudioFile](#)

Society has claimed its victims; dependency upon food, drugs, caffeine, cigarettes, alcohol and sex has taken its toll on many. Deepak Chopra explores the motivation behind these addictions and attempts to teach the listener how to overcome them. Chopra has a charming speaking style full of spirituality and deep commitment to truth. He possesses an inner wisdom and "knowing" that attracts and mesmerizes listeners. His hypnotic performance soothes and relaxes, creating the perfect atmosphere for absorbing spiritual teachings. B.J.P. © AudioFile 2000, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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Stephen Wilson:

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