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The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment (Hardback)

By M D Deepak Chopra

Random House USA Inc, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book. Happiness is something everyone desires. Yet how to find happiness-or even if we deserve to-remains a mystery. Still more mysterious is the secret to a lasting happiness that cannot be taken away. In The Ultimate Happiness Prescription, bestselling author Deepak Chopra shows us seven keys to uncover the true secrets of joy in the most difficult times. The goal of life is the expansion of happiness, he contends. But in today s demanding world, that goal seems elusive, if not impossibly out of reach. Society reinforces the belief that fulfillment comes from achieving success, wealth, and good relationships. Yet Chopra tells us that the opposite is true: all success in life is the by-product of happiness, not the cause. So what is the cause? The Ultimate Happiness Prescription shares spiritual principles for a life based on a sense of your -true self- lying beyond the ebb and flow of daily living. Simple daily exercises lead to eliminating the root causes of unhappiness and letting a deeper level of bliss unfold. After all avenues to happiness have been explored and exhausted, only one path is...



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