



Deepak Chopra makes his most radical statement about healing yet

New book from the country's most well-known expert on health and wellness shows why spiritual wellness must come first

"Dr. Chopra moves us from the mundane lives that trap many of us to the sacred insights offered by our souls."

--Mehmet Oz, bestselling co-author of *You: The Owner's Manual*

This is a multilayer text to savor and study; readers will continue to contemplate the author's message long after the final page is turned

-- Publishers Weekly, starred review

Reinventing the Body, Resurrecting the Soul

How To Create A New You

By Deepak Chopra

"Reinventing the Body, Resurrecting the Soul is the most radical statement I've made about healing," states Dr. Deepak Chopra, the bestselling author of over 50 books with over 15 million copies in print worldwide, about his newest book. According to Chopra, the bond between body and soul has been severed--and the time has come to give the soul the attention it deserves. In ***REINVENTING THE BODY, RESURRECTING THE SOUL: How to Create a New You*** (Harmony Books, 10/13/09) he turns the tables on conventional wisdom and shows that true well-being begins with your internal spirit, or your soul, and later blossoms as physical health.

According to Chopra, to be disconnected from your soul is the ultimate disease. In the book, the renown spiritual advisor and who TIME Magazine called "the poet-prophet of alternative medicine" will show how anyone can re-established that connection and thus reinvent and restructure their bodies, their health and their minds. In a thorough examination of how spirit and matter intersect, he offers readers potential for a bold transformation that could affect everything from changing bad habits such as weight loss or procrastination to preventing disease and even impact aging.

In **REINVENTING THE BODY, RESURRECTING THE SOUL**, Dr. Chopra explains that if we accept the overarching power of the 'invisible' or non-physical world, we can nourish a state of wholeness in which there is no longer a disconnect between body and soul. This awareness is the key to transforming in your body in ways that many would not think themselves capable of. In fact, what may be most surprising is the idea that your genes and your nervous system are not fixed. You can upregulate, downregulate your genes and completely change the structure of the brain. What else? You can change your relationship to time because how you metabolize time influences your biological clock. And thus by expanding awareness through meditation, trusting instincts, embracing a journey to higher consciousness and being generous of spirit and focusing

on relationships instead of consumption, your body will change. When you're in touch with your soul, your life is one of effortless spontaneity. Love dominates your experience. You step into possibility every moment of your life. You invite grace into your life. And you favor evolution over entropy.

The old metaphor that turned the body into a machine with thousands of intricate moving parts was never realistic. Our bodies are not things; they are a fluid process all the way down to the genes, ever attuned to the slightest changes in our surroundings. Our bodies are in drastic need of change and in ***REINVENTING THE BODY, RESURRECTING THE SOUL*** Dr. Chopra shows how. It is a must read for anyone interested in improving their life, staying healthy, stopping disease, preventing negative forces in their life and, most important, will put anyone who reads it on a path towards greater spiritual fulfillment.

ABOUT THE AUTHOR:

DEEPAK CHOPRA is the author of more than fifty books translated into over thirty-five languages, including numerous New York Times bestsellers in both the fiction and nonfiction categories. Dr. Chopra is a fellow of the American College of Physicians, a member of the American Association of Clinical Endocrinologists, Adjunct Professor at Kellogg School of Management and Senior Scientist with The Gallup Organization. Time magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century and credits him as 'the poet-prophet of alternative medicine'.

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By Deepak Chopra
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