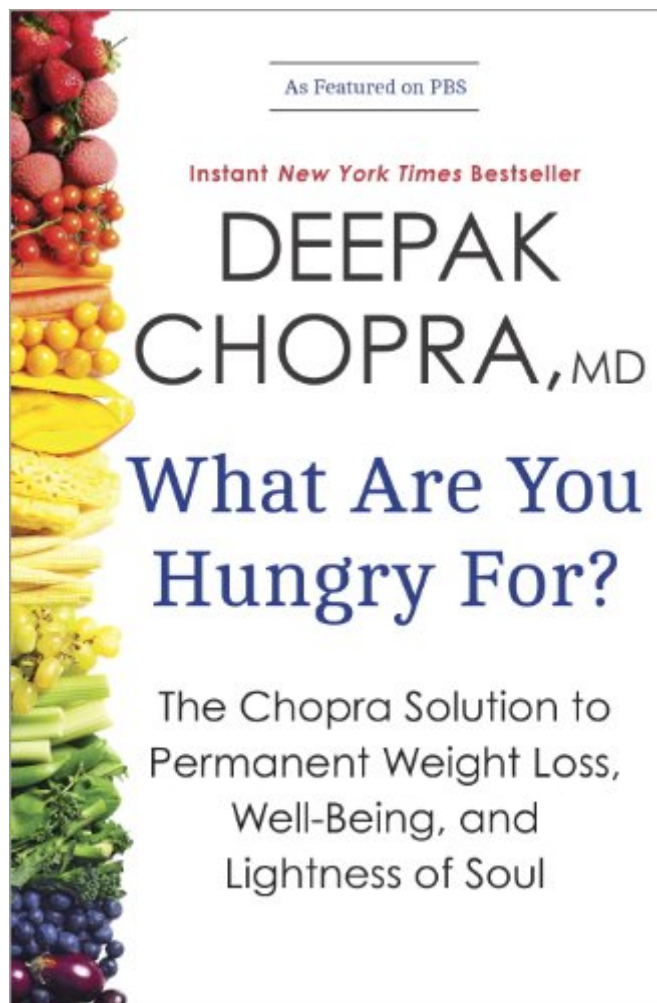


The book was found

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



Synopsis

The basis for the PBS Special, *What Are You Hungry For?* is the breakthrough book that can bring weight under effortless control by linking it to personal fulfillment in every area of a reader's life. 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? 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 book 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 book will help point you in that right direction. From the Hardcover edition.

Book Information

File Size: 936 KB

Print Length: 306 pages

Publisher: Harmony; 1 edition (November 12, 2013)

Publication Date: November 12, 2013

Language: English

ASIN: B00CVS43LQ

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #85,738 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #85 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing #192 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Spiritual

Customer Reviews

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.

[Download to continue reading...](#)

What Are You Hungry For?: The Chopra Solution to Permanent Weight Loss, Well-Being, and Lightness of Soul
Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy
(Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ...
Lose Weight, Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food
Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners)
ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss

and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) The Lightness of Being: Big Questions, Real Answers Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))