

The Ultimate Happiness Prescription

DEEPAK CHOPRA



Penguin
Random House
EBURY PUBLISHING

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Acknowledgments

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About the Book

‘Everything we fear in the world and want to change can be transformed through happiness.’

In *The Happiness Prescription*, bestselling author Deepak Chopra shows how to experience joy in spite of living in difficult or trying times.

By looking through the lens of our contemporary understanding of consciousness, combined with Eastern philosophy, he has created a set of principles for living with ease. The result is an inspiring and instructive journey that leads to a prescription for living life mindfully, with a light heart and with effortless spontaneity - a prescription only Deepak Chopra could write.

With words like ‘depression’ and ‘recession’ in the air, he underlines the importance of keeping an eye on the positive aspects of life and finding ways to experience joy no matter what is happening to you. This remarkably clear and helpful book explains how to maintain an optimistic outlook and experience the benefits of having a happy heart and soul, no matter what the circumstances.

About the Author

DEEPAK CHOPRA is the author of more than fifty books, both non-fiction and fiction. They have been translated into over thirty-five languages and include the huge international bestseller *Ageless Body, Timeless Mind*.

Visit him at www.deepakchopra.com

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Return of the Rishi

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Perfect Health

Unconditional Life

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Journey Into Healing

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and Fereydoun Kia)

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