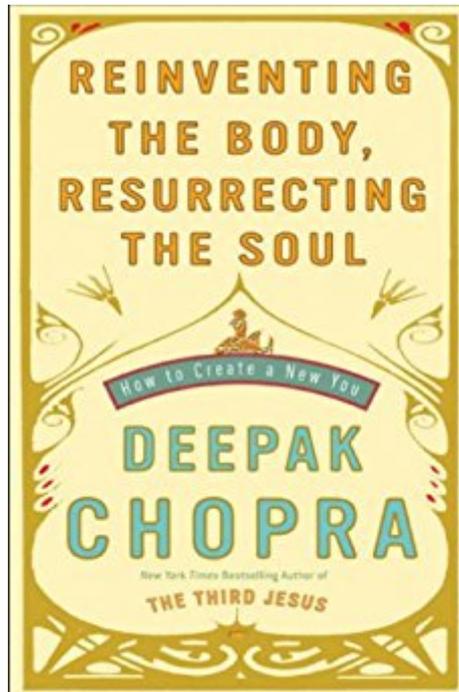


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# Reinventing The Body, Resurrecting The Soul: How To Create A New You



## Synopsis

Deepak Chopra presents ten lessons to help build awareness and change the distorted energy patterns that are the root cause of aging, infirmity, and disease. Fifteen years after his #1 New York Times bestseller, *Ageless Body, Timeless Mind*, Deepak Chopra revisits "the forgotten miracle" — "the body's infinite capacity for change and renewal. You cannot take advantage of this miracle, Chopra says, unless you are willing to completely reinvent your body, transforming it from a material object to a dynamic, flowing process. "Your physical body is a fiction," Chopra contends. Every cell is made up of two invisible ingredients: awareness and energy. Transformation can't stop with the body, however; it must involve the soul. The soul — "seemingly invisible, aloof, and apart from the material world" — "actually creates the body. Only by going to the level of the soul will you access your full potential, bringing more intelligence, creativity, and awareness into every aspect of your life. *Reinventing the Body, Resurrecting the Soul* delivers ten breakthroughs — "five for the body, five for the soul" — that lead to self-transformation. In clear, accessible terms, Chopra shows us how to commit ourselves to deeper awareness, focus on relationships instead of consumption, embrace every day as a new world, and transcend the obstacles that afflict body and mind. Deepak Chopra has inspired millions with his profound teachings over the years. His bestselling books have explored the mind/body connection and the power of spirit. With his latest book, he invites you to experience with him the miracles that unfold when we connect the body directly to the awesome mysteries that give life meaning — "directly to the soul. When you have completed this journey, after reinventing your body and resurrecting your soul, the ecstasy of true wholeness becomes possible for the very first time. From the Hardcover edition.

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## Customer Reviews

Deepak Chopra's new book, "Reinventing the Body, Resurrecting the Soul" is a guide for people interested in changing their lives and broadening their horizons. It is a book that is best read slowly and carefully. It explains how to change your way of thinking, how to broaden your life and the way you live, and offers tips to managing the stressors of your daily life in terms you can easily understand. The book is divided into sections that detail how to reinvent your body and your soul, while offering ten steps to wholeness. Explaining the process as described in the book is difficult, so I won't try to go into it here. Suffice it to say, that the instructions center on improving awareness of self and others, emphasizing love of self and others and offers strategies for finding, understanding and revealing the true nature of your soul. Most people go their entire lives without thinking about their soul. This is because the soul is seen as separate from our daily lives, coming into action only at death. Dr. Chopra's book reveals that the soul is part of your every day life, and has always been there - a person just has to develop an awareness of the soul in order to learn how to nurture it, allowing each of us to live to our fullest potential. My favorite section of the book relates to "letting go." In this section the soul and the ego are at first incompatible, until they are reconciled by describing why we constantly react the way we do to being judged, or not being accepted by others. Each section of the book comes with real life examples and stories from other people's lives. The stories are real and are always on point, illustrating a facet of life that we will all find familiar to our own situation.

I have a long-standing interest in the power of the mind over the body dating back to my graduate school days in psychology. Today I help people stop emotional eating and lose weight by connecting with this power. So I was very interested in this book when I heard about it. I went to hear Deepak Chopra speak about the book on the day it was launched. Everyone attending received a copy. I loved Chopra's talk and left feeling excited and inspired by his insights. I expected

the book would explore these ideas more deeply. I wanted to like this book - I tried to like this book. But I was disappointed. The book did not deliver on the promise of his brilliant lecture. The book adds very little to what Chopra said at his talk, and actually dilutes the impact of the core ideas. It's filled with anecdotes (e.g. "Paula's story") that sound very contrived, and are often tangential to the point. The book wanders quite a bit from its core thesis of the power of the mind over the body, which is a shame, because these ideas are fascinating. It ends up being just another self-help book with lots of pop psychology and "be nice to others" platitudes when it could have been so much more. I don't know what happened. How could his lecture be so brilliant and his book be so mediocre? Maybe it was the fault of the editor, trying to popularize and dumb down. The ideas Chopra talked about in his lecture are in the book, they're just buried amidst a lot of weak and irrelevant content. Some of it is contradictory. For example, a chapter on surrendering your ego and not needing to win is followed by a whole section at the end of the book on how to win at the game of life.

This book is rich with insights that confirm what science is discovering and ancient wisdom has always known, namely that there is much more to the "physical" body than what you see. More and more, we are hearing that the body is a flow of energy and intelligence, that it has no boundaries, and that the body and the mind are inseparably connected. In this amazing book, Deepak doesn't just describe that process, he tells you the part you play in making the body what it is. He explains how your state of mind affects every part of your body. Then he shows you how to tune your mind to a subtler level, and he tells you who the "you" is that is doing all this. For so long, we have thought of ourselves as a body that is conscious, but we have had the formula backwards. We are spiritual beings who are using a physical body for this space/time experience. Learning to think of ourselves as eternal beings opens us to what Deepak calls our immortal nature, whose home is the field of consciousness that is creating all that we see and know. Deepak tells us that when we come in contact consciously with that field, as we can do during meditation, "the brain mirrors it and the body has no choice but to shift. When that shift happens, the soul expands beyond its normal boundaries," and we begin to experience the wholeness that is the very substratum of Who and What We Are. Having said all that, Deepak then goes on to explain what life can be like when we connect consciously to the infinite aspect of our being. That connection changes our behavior even at the level of the soul, and when the soul changes, "the whole dance changes with you." Connecting with life at this deep level teaches us experientially that we are not just this body.

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