



Deepak Chopra: 24 Powerful Lessons And Insights From Deepak Chopra (Spirituality Books, The Book Of Secrets, Laws Of Success)

Ethan Hunter

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24 Powerful Lessons And Insights From Deepak Chopra

Deepak Chopra is one of the best known, best loved leaders of the New Age movement. In this book, we are going to take a look at some of the teachings and life lessons from the life of Deepak Chopra.

Here are some of the topics we focus on:

- The importance of experiences, both good and bad
- Courage, and how it differs from fearlessness
- Listening to others
- How to get others to listen to us
- Techniques for reducing the anxiety and stress in our lives
- Ways to reduce the stress and anxiety that we cause others
- The dangers of anger, and how to effectively deal with anger
- The law of least effort, and the three key principles involved

There are, of course, many more lessons to be learned from Deepak Chopra's life, but these are some of the most important lessons that we can put to work on our daily lives. If any of these topics have piqued your interest, then you are looking at the right book. Enjoy!

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