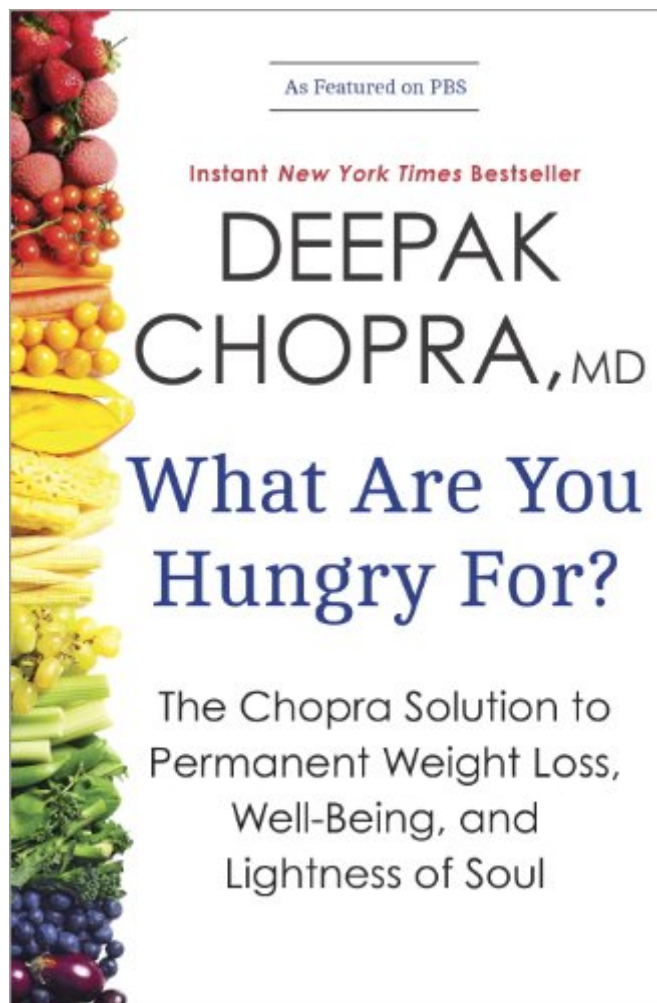


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# What Are You Hungry For?: The Chopra Solution To Permanent Weight Loss, Well-Being, And Lightness Of Soul



## 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

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## 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.

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