

# [PDF] Perfect Weight: The Complete Mind/Body Program For Achieving And Maintaining Your Ideal Weight (Perfect Health Library)

**DEEPAK CHOPRA - pdf download free book**



## **Books Details:**

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Author: DEEPAK CHOPRA

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## Description:

**From the Inside Flap** One of the two launch titles in the Perfect Health Library series by bestselling author Dr. Deepak Chopra, Perfect Weight focuses on Ayurveda, the ancient Indian science of life, to help readers conquer their weight problems.

**About the Author Deepak Chopra**, educational director of The Chopra Center For Well Being in La Jolla, California, is a pioneer in helping individuals maximize their ability to achieve success and fulfillment through mind body techniques. A best-selling author of both nonfiction and fiction and a leading, internationally recognized motivational speaker, Dr. Chopra is expanding the concept of good health and self-knowledge through a blending of Western medicine with the ancient techniques of Ayurvedic health care. The basic tenet of Ayurveda is that one's physical health is the balanced integration of body, mind, and spirit.

Also available from Random House Audio and Deepa Chopra:

Ageless Body, Timeless Mind

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The Deepak Chopra Wellness Collection

Healing the Heart

Journey Into Healing

Overcoming Addictions

The Path to Love

Perfect Digestion

Restful Sleep

The Return to Merlin (Fiction)

The Seven Spiritual Laws for Parents

The Way of the Wizard --This text refers to an out of print or unavailable edition of this title.

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