

# The Book of Secrets: Unlocking the Hidden Dimensions of Your Life

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"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." -Ken Wilber, author of A Brief History of Everything

We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets--a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time--provides an exquisite new tool for achieving just that.

Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside.

Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book--and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person." The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

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"From the Hardcover edition.

DEEPAK CHOPRA MD, FACP, is a world renowned pioneer in integrative medicine and personal transformation, the founder of the Chopra Foundation, and cofounder of Jiyō.com and the Chopra Center for Wellbeing. TIME magazine has described Dr. Chopra as "One of the top 100 heroes and icons of the century." Dr. Chopra is Board Certified in Internal Medicine, Endocrinology and Metabolism, a Fellow of the American College of Physicians, Clinical Professor in Medicine at the University of California, San Diego, Researcher, Neurology and Psychiatry, at Massachusetts General Hospital, Adjunct Professor at Kellogg School of Executive Management at Northwestern, Adjunct Professor at Columbia Business School, Columbia University and Professor of Consciousness Studies at Sofia University. The World Post and The Huffington Post global internet survey ranked "Chopra #17 influential thinker in the world and #1 in Medicine." In conjunction with his medical achievements, he is recognized as a prolific author of more than 85 books translated into over forty-three languages, with twenty-five New York Times Bestsellers including *You Are the Universe* (February 2017, Harmony).

#### Other Books

*Soul Qualities: the Art of Becoming with Study Guide*, *Soul Qualities: The Art of Becoming With Study Guide* lists forty spiritual principles, tools to cultivate the fruits of the Spirit - wisdom, peace, courage, forgiveness, patience, love, kindness, humility, purpose, faith, gratitude, and mindfulness are the fruits of the Holy Spirit. *Soul Qualities - the qualities of the Spirit*, are cultivated in the mind and heart through practice by walking in the Spirit. *Soul Qualities* is a life journey toolbox that includes the book *Soul Qualities: The Art of Becoming With Study Guide*, Adinkra Note Cards, Scriptural Gems, and Adinkra Jewelry by Focused Art. *Soul Qualities* adjoins the meaning of Adinkra symbols with spiritual principles and practice. *Soul Qualities* fuses the antiquity of Akan traditions and wisdom to present-day culture. The meaning of Adinkra symbols are powerful and apropos to becoming who we are created to be. *Peace and Blessings*

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