

Recomendaciones Finales U749

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2015-11-10 The authors of the New York Times bestseller Super Brain present a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity. The leap into radical well-being is a promise waiting to be fulfilled. You are not simply the sum total of the genes you were born with, writes Deepak Chopra and Rudy

Tanzi. You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting. Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book from the bestselling duo behind Super Brain, which became a nationwide hit on public television. For decades medical science has believed that genes determined our biological destiny. Now the new genetics has changed that assumption forever. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they've become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled. The

authors of the New York Times bestseller Super Brain present a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity

2001-02-01 Deepak Chopra has written his most ambitious and important work yet -- an exploration of the idea that everyone can have the direct experience of divinity. According to Chopra, the brain is hardwired to know God. The human nervous system has seven biological responses that correspond to seven levels of divine

experience. These are shaped not by any one religion, but by the brain's need to take an infinite, chaotic universe and find meaning in it. As we make sense of the swirling quantum soup, we inevitably find the face of God. In this remarkable book Chopra shows us how. How to Know God is Chopra's writing at its very best, an internationally celebrated blend of philosophy and science applied to the greatest subject of all. This is what each of us quests for, whether we realize it or not. For, as Chopra writes, God is our highest instinct to know ourselves. This is what each of us quests for whether we realize it or not For as Chopra writes God is our highest instinct to know ourselves