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The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment. In The Ultimate Happiness Prescription, the daunting and exotic challenge of finding enlightenment becomes accessible step by step. We are taken on an inspiring journey to the true self, the only place untouched by trouble and misfortune.

The Ultimate Happiness Prescription: 7 Keys to Joy and

Book Description: So what is the cause? The Ultimate Happiness Prescription shares spiritual principles for a life based on a sense of your "true self" lying beyond the ebb and flow of daily living. Simple daily exercises lead to eliminating the root causes of unhappiness and letting a deeper level of bliss unfold.

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In The Ultimate Happiness Prescription, bestselling author Deepak Chopra shows us seven keys to uncover the true secrets of joy in the most difficult times. The goal of life is the expansion of happiness, he contends.

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The Ultimate Happiness Prescription by Deepak Chopra, M.D

There's only one reason: being this infinite Being with infinite happiness we do a way with this joy, this happiness, by saying, "I am an individual, separate from the All." To make myself separate from the All, I must set up a means to accomplish this. The means is my mind that creates my body and the material world.

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