



Freedom: Meditations to Counter Strees a Complete Detoxification Plan Techniques to Redirect Cravings

By David Simon & Deepak Chopra

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. For anyone struggling to break the cycle of addiction comes the groundbreaking approach from the Chopra Center, the world-renowned facility that has successfully helped thousands of people change their lives for the better. Chopra Center cofounder and medical director David Simon, M.D., and bestselling author and personal-growth expert Deepak Chopra outline their revolutionary approach - one that defies outmoded beliefs about recovery, particularly that people are their addictions or that they are powerless to control them. By integrating the best of Western research with Eastern traditions, Simon and Chopra give anyone the tools to uncover the true cause of their addiction and provide comprehensive steps to end it for good. Printed Pages: 240.

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