



## Freedom from Addiction: The Chopra Center Method for Overcoming Destructive Habits

By David Simon, Deepak Chopra

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. If you ve ever wished you could just stop drinking eating smoking gambling shopping 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. Listeners will discover how to: Recognize the purpose their habit serves and how to fill the void- Identify triggers and avoid relapse Deal with disappointments, insecurities, or anger in ways that provide lasting relief, not a temporary high Use meditation to counter stress Choose foods and supplements that will detoxify the body and curb cravings By...



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