

If you can wiggle your toes with the mere flicker of an intention, why can't you reset your biological clock? If you could live in the moment you would see the flavor of eternity and when you metabolize the experience of eternity your body doesn't age. - Deepak Chopra



## EARLY YEARS

Dr. Chopra's father was an eminent cardiologist in England. Deepak Chopra followed the footsteps of his father and attended the All India Institute of Medical Sciences and pursued a career in western medicine. After graduating in 1968, he interned at a hospital in New Jersey, and trained for several more years at the Lahey Clinic and at the University of Virginia Hospital and became board-certified in internal medicine and endocrinology.

Deepak Chopra taught at Tufts and Boston University Schools of Medicine, and was also the chief of staff at the New England Memorial Hospital. He then went on to establish a large private practice. However, during this phase, despite his apparent success, he noticed a growing lack of fulfillment (exacerbated by his unhealthy lifestyle which included smoking a pack of cigarettes a day and consuming large amounts of alcohol to calm his nerves) and the nagging question, "Am I doing all that I can for my patients?" In the process of seeking answers he gravitated towards Ayurveda, the ancient Indian science of healing. Dr. Chopra soon discovered a system of health care that actually addresses the whole person; and works on principle that the deepest influence on the body is exerted by the mind.

## CAREER

The Chopra Center for Well Being in California was established by Chopra in 1995, as a means to expand his healing approach through the integration of western medicine and traditions in natural healing. Dr. Chopra serves as the Director of Education at The Chopra Center, which offers training programs in mind body medicine called the Journey into Healing.

Deepak is known as the prolific author of more than 35 books, 100 audio, video and CD-ROM titles, which have been translated into 35 languages with over 20 million copies sold worldwide. His latest book, *The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence* (Harmony Books) is in stores now. His best-sellers include *How to Know God: The Soul's Journey into the Mystery of Mysteries*, *Perfect Health*; *Ageless Body, Timeless Mind*; *The Seven Spiritual Laws of Success*, *Grow Younger*, *Live Longer: 10 Steps to Reverse Aging* and *The Path to Love*.

Chopra has published numerous books focusing on health issues that include *The Chopra Center Herbal Handbook: Forty Natural Prescriptions for Perfect Health*; *Perfect Weight: The Complete Mind / Body Program For Achieving and Maintaining Your Ideal Weight*; *Restful Sleep: The Complete Mind / Body Program For Overcoming Insomnia*; *Quantum Healing: Exploring the Frontiers of Mind / Body Medicine and Creating Health*. Popular audio books and CD-ROMS include *Magical Mind*, *Magical Body*; *The Higher Self*; *Journey to the Boundless*; and *The Wisdom Within*. Many know him from his regular work with PBS, which includes: *The Soul of Healing: Body, Mind, and Soul*, *Body, Mind and Soul: The Mystery* and *The Magic*, one of the most highly viewed and successful fund-raisers in the history of the network; and *The Way of the Wizard*, *Alchemy* and *The Crystal Cave*.

## AWARDS AND RECOGNITION

- Deepak Chopra's popularity as an international presenter and keynote speaker is exemplified in an impressive list of honorariums. As the keynote speaker, he appeared at the inauguration of the State of the World Forum, hosted by Mikhail Gorbachev and the Peace and Human Progress Foundation, founded by the former president of Costa Rica and Nobel Peace prizewinner Oscar Arias.
- Esquire Magazine designated him as one of the top ten motivational speakers in the country.
- In 1995, he joined the distinguished company of President Nelson Mandela, Congresswoman Barbara Jordan, Tom Peters and Garrison Keillor as a recipient of the Toastmasters International Top Five Outstanding Speakers award.
- Keynote speaker at several academic institutions including Harvard Divinity School, Harvard Business School, and Kellogg School of Management.

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I have one small drop of knowing in my soul. Let it dissolve in your ocean. - Rumi

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