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Living With Intent My Somewhat

Living with Intent is a chronicle of Mallika Chopra's search to find more meaning, joy, and balance in life. She hopes that by telling her story, she can inspire others with her own successes

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(and failures) as well as share some of the wisdom she has gathered from friends, experts, and family along the way—people like her dad, Deepak, as well as Eckhart Tolle, Marianne Williamson, Arianna Huffington, Andrew Weil, and Dan Siegel.

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Living with Intent is a practical yet deeply personal look at her year-long journey to discover some workable answers. Along the way, she sat down with Andrew Weil, Eckhart Tolle, Gretchen Rubin, Marianne Williamson, Daniel Siegel, and others, who shared their valuable input and insight. ...more.

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“Living with Intent offers us a gentle reminder that happiness and peace are a choice we make. This book awakens the presence of our inner wisdom and power so that we can enhance our capacity to serve the world.”

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Deepak Md Chopra (Afterword by)

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Hardcover, Large Print (7/29/2015)

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Living with Intent: My Somewhat Messy Journey to Purpose ...

Living with intent requires making a conscious choice to do so. But just because you make the choice, there is no law or rule that says life will be easy. In fact, living with intent requires making the conscious decision daily, as it is easy

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to slip back into autopilot mode.

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My last book, "Living With Intent: My Somewhat Messy Journey to Purpose, Peace and Joy," provided me so many opportunities to connect with people through speaking engagements,

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meditations, publications (Time, Prevention, OWN, Women's Health and many more), and one on one conversations. Please check out the speaking tab to see some of my talks - I absolutely love connecting with audiences around the world.

Mallika Chopra, Intent

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So began my journey to live with more intent – the experience I share in my new book, *Living with Intent: My Somewhat Messy Journey to Purpose, Peace and Joy*. I did some thought-provoking activities, from going on a health retreat to visiting Amma, the hugging guru, and to find more meaning and purpose, I spent time with my

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**Living with Intent: 6 Steps to Living
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Mallika Chopra is a top-selling author of five books focusing on meditation, inspiration and living life to its fullest. Her books are "Just Breathe," "Living with Intent," "100 Promises to My Baby,"

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"100 Questions from my Child" and to be released in October, "Just Feel." Click on any of these links to learn more or use the pull-down menu above.

Mallika Chopra, Intent

"Living with Intent offers us a gentle reminder that happiness and peace are a choice we make. This book awakens

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the presence of our inner wisdom and power so that we can enhance our capacity to serve the world.” —Gabrielle Bernstein, New York Times bestselling author of Miracles Now

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Praise for "Living with Intent" "More and more, people realize the value of approaching life with a mindful, purposeful spirit. With this insightful and often funny memoir, Mallika Chopra gives ideas and encouragement to anyone who wants to live with intent."

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“Living with Intent offers us a gentle reminder that happiness and peace are a choice we make. This book awakens the presence of our inner wisdom and power so that we can enhance our capacity to serve the world.” —Gabrielle Bernstein, New York Times bestselling

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author of Miracles Now

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Living with Intent is a chronicle of
Mallika Chopra's search to find more
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your ex idea with easy method. The
language is very clear to see all the
people, so do not worry, you can easy to
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