The Ten Commitments

Translating Good Intentions into Great Choices

DAVID SIMON, M.D.

Foreword by Deepak Chopra

The Ten Commitments Translating Good Intentions Into Great Choices

Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells

The Ten Commitments Translating Good Intentions Into Great Choices:

The Ten Commitments David Simon,2006-05-02 In the spirit of both Eastern and Western traditions Dr David Simon shows how changing our mindset from commandment to personal commitment can help us make the life transformations we want and need We were raised on the Ten Commandments and unfortunately most of us use the philosophy of thou shalt not eat too much drink too much work too hard etc to command ourselves to change Dr Simon encourages us to embrace the power of commitment to create a life of greater peace vitality love and purpose Through commitment to be authentic love more openly embrace abundance and relax we can translate our desires into actions that bring about transformation and healing In this fascinating and uniquely insightful book David explores the core tenets of Western spiritual values and demonstrates how with a subtle yet powerful shift in perception the essential truths of East and West merge to create a compelling vision for a better world Deepak Chopra Written by one of the most brilliant thinkers of our times The Ten Commitments will take you on an irresistible journey of awakening providing tangible steps for translating ideas into action and desires into results Debbie Ford bestselling author of The Dark Side of the Light Chasers and The Best Year of Your Life

The Ten Commitments David Simon,2010-01-01 We all know the Ten Commandments and unfortunately most of us try to use the philosophy of thou shalt not eat too much work too hard etc to command ourselves to make changes David Simon noted researcher and co founder with Deepak Chopra of The Chopra Center suggests a different path instead of dwelling on the negative embrace the positive and make commitments to live a better life In doing so we will transform our intentions losing weight spending more time with family etc into concrete actions that will make change happen This short precise book is not a lecture but a practical primer on thoughtful change There is a continuing hunger for Eastern philosophy and spirituality among Westerners finally one of the West s top experts who has been writing on lecturing teaching and practicing Eastern thought for over three decades has melded these principles with our core Western beliefs giving us a new perspective on the basic way we live our lives Key Features Very warm and engaging tone excellent writing and numerous anecdotes make for a very compelling reading experience No new thought jargon just precise easily accessible advice This is a breakout book Helps us focus on the simplest answers much in the tradition of books like Don t Sweat the Small Stuff The ten step approach is familiar and comfortable Small inexpensive and beautifully packaged hardcover makes this a perfect gift or daily reader **Claim Your Light: Unlock Your Capacity to Become a More Vibrant and Authentic Person** ,2023-04-05 Claim Your Light makes a bold statement YOU can become more vibrant more authentic and turn any adversity into opportunity if you are willing to do the work required The first steps to claiming your light begins with self knowledge knowing who you are at your core The second is trusting that self knowledge will be your guide to the inner wisdom that opens the door to the three most important Keys for authentic and expanded living Empathy Grit and a Growth Mindset Honing these skills will begin your journey from merely surviving to boldly thriving How does it all work According to Dr

Benenson and Dr Hughson by capacity building Capacity building is about learning how to create more emotional room to deal with life s uncertainties and ambiguities Once developed your capacity container enlarges and manages how much internal space you have to take in additional information allowing for new behaviors to take root **Secrets of Meditation** Davidji,2012-09-04 For thousands of years people have tried to tap into the stillness and silence that rests within to discover their deeper selves In Secrets of Meditation davidji takes you there demystifying the practice along the way and guiding you on an epic journey into your own consciousness Whether you are new to meditation a crisis meditator or someone who has been meditating for years this book will take your practice and your life to the next level In this insightful book davidji shares his own journey along his path to awakening and examines the positive impact that meditation can have on your physical health relationships emotional well being and spiritual life As the secrets to an effortless meditation practice are revealed you will unlock the door to your own personal journey and discover what is actually supposed to happen when you close your eyes davidji shares the wisdom of the ages in an accessible and entertaining style loosening rigid commandments revealing the five greatest myths of meditation and illuminating the most powerful rituals to weave a regular practice into your day Secrets of Meditation will have you meditating in minutes and living a happier easier and more fulfilling life Love Your Body, Love Your Life Sarah Maria,2009-10-18 Eating disorders Steroids Plastic Surgery We ll do anything to look better and yet we still feel bad about how we look Self loathing has reached epidemic proportions But there is a way to end self destructive thoughts and behavior In this book noted body image expert Sarah Maria presents her proven five step plan anyone can use to overcome negative body obsession NBO She helps you Commit to change Identify and detach from negative thoughts Discover who you really are Befriend your body Find your purpose Love your body love your life Complete with exercises case studies and testimonials you can learn how to stop obsessing over food and your body and achieve permanent peace with both You ll banish NBO forever and feel healthy radiant beautiful and desirable every day *Secrets of Meditation Revised Edition* Davidji,2017-03-07 For thousands of years people have tried to tap into the stillness and silence that rests within to discover their deeper selves In Secrets of Meditation davidji takes you there demystifying the practice along the way and guiding you on an epic journey into your own consciousness Whether you are new to meditation a crisis meditator or someone who has been meditating for years this book will take your practice and your life to the next level In this insightful book davidji shares his own journey along his path to awakening and examines the positive impact that meditation can have on your physical health relationships emotional well being and spiritual life As the secrets to an effortless meditation practice are revealed you will unlock the door to your own personal journey and discover what is actually supposed to happen when you close your eyes davidji shares the wisdom of the ages in an accessible and entertaining style loosening rigid commandments revealing the five greatest myths of meditation and illuminating the most powerful rituals to weave a regular practice into your day Secrets of Meditation will have you meditating in minutes and living a happier easier and more

fulfilling life Self-Transformation Nancy M. Casey,2017-08 Are you feeling overcome by excessive or unexpected change Do you desire to release fear and grow through adversity to discover your own strength and wisdom Nancy Casey s heart centered book Self Transformation offers strategies for transforming depression stress illness aging and difficult life transitions into emotional and spiritual growth Guided by some of the world s greatest teachers you will explore how to create positive change step by step through personal stories and interactive exercises These demonstrate how to shift from feeling stuck into uncovering hidden opportunities Beauty as Action Lisa Z. Lindahl,2017-10-30 *The Publishers Weekly* ,2006 **Library Journal** Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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