



Vencer las adicciones

Deepak Chopra

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El equilibrio mente-cuerpo en un programa para liberarnos de las dependencias destructivas.

La creciente dependencia de sustancias que alteran el estado de ánimo es uno de los males más alarmantes de nuestro tiempo. Desarrollamos adicciones de todo tipo: a la comida, a las compras, al alcohol, al café, al tabaco, a las medicinas, a las drogas e incluso al trabajo. En esta guía, el doctor Chopra -especialista en medicina ayurvédica de fama mundial- nos ofrece una perspectiva diferente de las adicciones y un programa para eliminarlas. Sus sabios consejos nos ayudan a comprender nuestras necesidades y a conocer la fuerza de nuestro espíritu para liberarnos de cualquier tipo de dependencia destructiva, así como a descubrir nuevas y más satisfactorias opciones de vida.

Vencer las adicciones Details

Date : Published by Ediciones B (first published April 1st 1997)

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From Reader Review Vencer las adicciones for online ebook

Heather says

pretty good book. it's for people who already know that true joy is a possibility. I find it highly unlikely that people will just blindly believe what chopra says about joy vs. addiction without some prior knowledge that life without addiction is infinitely more pleasurable. however, for those of you who have experienced true joy, this book reconfirms that it is better than any addiction. much better. what chopra has to offer those in the know is invaluable and can be used as a guide and handy reference tool to continue finding and experiencing true joy.

also, and this is VERY important, one does NOT have to be spiritual at all to glean the benefits from eating right, exercise, meditating, being mindful, expressing/receiving love, laughing, and all the other things chopra suggests one engage in to experience joy. our bodies and brains are magnificent instruments that respond really well and really quickly to being treated with excellent care, beliefs in higher power/gods/spirituality non-withstanding. for those of you who DO have a feeling of spirituality, you will enjoy that chopra believes that attending to the mind and body helps the soul and that all are inextricably linked.

Ken Ring says

This is a powerful little book for anyone suffering from addiction of any kind.

Colleen says

Typically, addicts are ashamed. Society, acquaintances, friends, and family criticize their behavior. They should be ashamed, one might say. Really, though, we all do unhealthy things to our bodies. To do so is to be human, except for those lucky yogis who can exceed human limitations.

Chopra's perspective is refreshing. He argues that addicts are simply searching for joy in all the wrong places. They began their addiction because they were looking for bliss. Moreover, those who have rarely or never experienced joy (often those in lower economic brackets) are more inclined to turn to drugs or other addictions as substitutes. Instead of using guilt or fear as ammunition against addiction, Chopra concludes that the real solution is to find true, honest-to-good joy in the addict's life.

At 128 pages, this book won't suck up your whole weekend. You'll leap up from the couch mere hours later, inspired to change your ways. (The bags of potato chips you ate while reading will have to go. You should probably consider eliminating the fifth of gin and pack of smokes as well.)

The best thing about this book is its universality. Chopra tackles the usual suspects (alcohol, tobacco, illegal drugs) and covers some unexpected areas as well (TV, food, work). Unless you're one of those yogis, you'll find something that applies to your life, and hopefully your joy will overflow. Enjoy. (Get it? En-JOY?) :)

Dana Al Khatib says

I read this book in hope to have it help me quit smoking but it gives such a SMALL section to cigarette addiction compared to other addictions and that disappointed me.

I still smoke.

Debbie says

People who are addicted are sapiring to get to a deeper level of life. We seek addiction because we need esctasy in our lives and cannot find it another way. This reminds me of the blood type book I read years ago that has people in categories of what when and why they crave. That was not a part of the book I liked.

Ashish says

Nice

Annmarie (Annie) Kostyk says

I'm not ashamed to admit it. I have an addictive personality. It's been shopping, booze, TV, CandyCrush, food, and social media. This book is great! It's short. It's to the point. It's all about mindfulness. You're spirit. Your memories. I loved it. Basically, it's finding an old happy place, diet, meditation, exercise, mindfulness, joy and laughter, being by yourself, being quiet, and observing and enjoying what surrounds you.

Laura says

I'm sure this will be a book I will go back to again. It makes sense to look at a problem usually considered a "disease" from a spiritual perspective.

Shana Simmons says

Let me say I love Deepak and this book had some helpful insights. However overall I felt like it had too much of a little of everything. It seemed to jump all over the place and lack focus for me.

Cassandra Willoughby says

It really changed my life

Joseph Young says

Quite interesting perspective on specific methods to cure addiction in specific cases, centering on a 3 mind-body type approach.

ayanami says

The only really insightful thing I got from this thin little book on addiction is the idea that people who become addicted to things are really seeking a higher spiritual experience, but are looking for it in the wrong places. I really like this idea and it does ring true to me, based on my own and others' experiences. I do think there is an aspect to addiction that is about trying to reach something greater than your current reality. If people who are susceptible to addiction are actually just very sensitive people who seek self-improvement and higher levels of spirituality, then in a way, the addiction can be seen as a kind of struggle that must be overcome on the path to spirituality.

Aside from the above point, though, I don't think anything else in this book was really all that helpful or informative. Its short chapters covering various addictions, including alcohol, drugs, food, etc., were pretty basic in terms of the information it presented on each addiction, and wasn't anything new. The advice given on how to deal with these addictions is based on Deepak Chopra's Ayurveda practice, which categorizes people into 3 basic types (based on body, metabolism, etc.) and gives a little bit of information on how different addictions might manifest in these 3 types. Ultimately though, I don't think knowing your type was all that important (plus I am pretty skeptical of labeling people as one type or another), since the way to overcoming addiction as stated by the book all boiled down to meditation, eating right, exercise, and trying to find joy in your life. Not bad advice, but nothing most people haven't already heard before, and contained little practical advice on how to integrate it into daily life.
