

## Freedom From Addiction The Chopra Center Method For Overcoming Destructive Habits

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Chopra Addiction and Wellness Center - Compassion - Deepak ChopraFREEDOM FROM ADDICTION Healing Prayer Meditation with positive music to Let Go |u0026 Feel Free

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**Freedom from Addiction: The Chopra Center Method for ...**

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

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?Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak...

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