

## [WHAT ARE YOU HUNGRY FOR DEEPAK CHOPRA](#)



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Deepak Chopra, MD serves as the Founder and Chairman of The Chopra Foundation, and Co-Founder of the Chopra Center for Wellbeing. As a global leader and pioneer in the field of mind-body medicine, Chopra transforms the way the world views physical, mental, emotional, spiritual, and social wellness.

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Deepak Chopra Quote We only put food in our mouths for two reasons, says Dr. Chopra. We are hungry for nutrients OR we re hungry for something else.

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### **An Excerpt from What Are You Hungry For by Deepak Chopra**

In his new book What Are You Hungry For? The Chopra Solution to Permanent Weight Loss, Well-Being, and Lightness of Soul bestselling author Deepak Chopra discusses how overeating is really just a symptom of a much larger problem an inability to find true fulfillment in our lives. Since living a healthy life after 60 is a goal of many members of our Sixty and Me community, I reached out to Deepak and his team to see if they would be willing to give us a sneak peek at his new book.

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### **What Are You Hungry For By Deepak Chopra Review**

Chopra does not simply list foods that you should and should not eat, although there are certainly lists like that in his latest book. What Chopra really chooses to focus on is the problem of unconscious eating (and living) and what problems that can lead to, including being overweight.

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