



"My country has been enriched by the contributions of more than a million Indian Americans, which includes Dr. Deepak Chopra, the pioneer of alternative medicine." President William Clinton, March 21, 2000 – State Dinner - India

Time Magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century, and credits him as "the poet-prophet of alternative medicine." Time Magazine, June 1999.

"A renowned physician and author, Deepak Chopra is undoubtedly one of the most lucid and inspired philosophers of our time." –Mikhail Gorbachev, Citation of the Medal of the Presidency of the Italian Republic awarded by the Pio Manzu International Scientific Committee.

DEEPAK CHOPRA, Founder – The Chopra Center

Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Deepak Chopra, M.D. continues to transform our understanding of the meaning of health. Through his creation of The Chopra Center for Well Being in California in 1995, Chopra established a formal vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions. Chopra currently serves as the Director of Education at **The Chopra Center at La Costa Resort & Spa** in Carlsbad, California which offers training programs in mind body medicine (Journey into Healing). The University of California, San Diego School of Medicine has granted continuing medical education credits for this program, which satisfies requirements for the American Medical Association Physician's Recognition Award. Through his partnership with David Simon, M.D. and numerous health care professionals in both conventional and complementary healing arts, Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness.

What prompted Deepak Chopra to expand his view of conventional medicine to embrace complementary treatments from around the world? Formerly the Chief of Staff at Boston Regional Medical Center, Dr. Chopra built a successful endocrinology practice in Boston in the 1980's. His teaching affiliations included Tufts University and Boston University Schools of Medicine. Chopra realized in his medical practice that there was potential in western medicine for the establishment of a new life-giving paradigm, one which encompassed the fundamental principle that perfect health is more than just the absence of disease. He began to envision a medical system based upon the premise that health is a lively state of balance and integration of body, mind and spirit. He is widely credited with melding modern theories of quantum physics with the timeless wisdom of ancient cultures. In 1992, he served on the National Institutes of Health Ad Hoc Panel on Alternative Medicine.

Chopra is known as the prolific author of over 42 books, more than 100 audio, video and CD-ROM titles which have been translated into 35 languages with over 20 million copies sold worldwide. His latest book, ***Peace Is the Way*** (Harmony Books) won the Quill Awards and is in stores now. Some of his best-sellers include *The Book of Secrets: Unlocking the Hidden Dimensions of your Life*, *The Spontaneous Fulfillment*

of Desire: Harnessing the Infinite Power of Coincidence., *How to Know God: The Soul's Journey into the Mystery of Mysteries*, *Perfect Health; Ageless Body, Timeless Mind; The Seven Spiritual Laws of Success*, *Grow Younger, Live Longer: 10 Steps to Reverse Aging* and *The Path to Love*. Chopra has published numerous books focusing on health issues that include *Magical Beginnings*, *Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth; The Chopra Center Herbal Handbook: Forty Natural Prescriptions for Perfect Health; Perfect Weight: The Complete Mind / Body Program For Achieving and Maintaining Your Ideal Weight; Restful Sleep: The Complete Mind / Body Program For Overcoming Insomnia; Quantum Healing: Exploring the Frontiers of Mind / Body Medicine and Creating Health*. Popular audio books and CD-ROMS include *Magical Mind*, *Magical Body; The Higher Self; Journey to the Boundless*; and *The Wisdom Within*. Many know him from his regular work with PBS, which includes *The Soul of Healing: Body, Mind, and Soul*, *Body, Mind and Soul: The Mystery and The Magic*, one of the most highly viewed and successful fund-raisers in the history of the network; and *The Way of the Wizard*, *Alchemy* and *The Crystal Cave*.

Deepak Chopra's popularity as an international presenter and keynote speaker is exemplified in an impressive list of honorariums. As the keynote speaker, he appeared at the inauguration of the State of the World Forum, hosted by Mikhail Gorbachev and the Peace and Human Progress Foundation, founded by the former president of Costa Rica and Nobel Peace prizewinner Oscar Arias. Esquire Magazine designated him as one of the top ten motivational speakers in the country; and in 1995, he joined the distinguished company of President Nelson Mandela, Congresswoman Barbara Jordan, Tom Peters and Garrison Keillor as a recipient of the Toastmasters International Top Five Outstanding Speakers award. He participates annually as a lecturer at the Update in Internal Medicine event sponsored by Harvard Medical School, Department of Continuing Education and the Department of Medicine, Beth Israel Deaconess Medical Center in 1997. Chopra has been a keynote speaker at several academic institutions including Harvard Divinity School, Harvard Business School, and Kellogg School of Management. He is the recipient of the Einstein Award through Albert Einstein College of Medicine in collaboration with the *American Journal of Psychotherapy*. Along with Nobel Peace Laureates Oscar Arias, Betty Williams and others, Deepak Chopra is a founding director of the Alliance for the New Humanity. The Alliance for the New Humanity is committed to creating a critical mass of consciousness in the world for social justice, economical freedom, ecological balance and conflict resolution. He regularly mentors corporate and political leaders through his Soul of Leadership workshops.

Through The Chopra Center, Dr. Chopra is revolutionizing common wisdom about the crucial connection between body, mind, spirit, and healing. His mission of "bridging the technological miracles of the west with the wisdom of the east" remains his thrust as he and his colleagues conduct public seminars and workshops and provide training for health care professionals around the world. Dr. Chopra is a fellow of the American College of Physicians and a member of the American Association of Clinical Endocrinologists.