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Break the Norms: Questioning Everything You Think You Know ...

Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex: Bhardwaj, Chandresh, Lama, Dalai: 0600835455589: Books - Amazon.ca

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Break the Norms: Questioning Everything You Think You Know ...

Break the Norms (Paperback) Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex. By Chandresh Bhardwaj, Dalai Lama (Foreword by) Sounds True, 9781622035410, 184pp. Publication Date: January 1, 2016

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In the tradition of Deepak Chopra and Oprah spirituality, Bhardwaj argues that you have the power and freedom to live your best life. The message in Break the Norms is that external conditioning—from society, religion, the media, and more—often blocks us from living authentic lives attuned with our unique and divine souls. The remedy for this, Bhardwaj suggests, is learning to see through the conditioning and discover your own truth through a deep relationship with yourself.

Book Review: Break the Norms | Spirituality & Health Magazine

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