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**From:** Deepak Chopra [REDACTED]  
**Sent:** Monday, October 9, 2017 11:45 AM  
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**Subject:** Waking up to Reality

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By Deepak Chopra, MD Many, perhaps most, people would like to change their lives. They'd like the good parts to get better and the bad parts to go away. How you define these good and bad parts are entirely individual, reflecting the infinite diversity of human life. But consider yourself and take stock of where you are now. No one can do this realistically without wanting something to change. Yet after a certain point most people realize that change is difficult, and the path to finding a better life is twisted and rocky. A certain percentage will simply decide that "people don't change" is a fact of life. If you are a hard realist, you give up trying to change yourself, much less anyone else.

Deepak Chopra MD  
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