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**From:** Deepak Chopra [REDACTED]  
**Sent:** Monday, November 14, 2016 11:31 PM  
**To:** Jeff Epstein  
**Subject:** YATU

You Are The Universe

Endorsements

"Almost 100 years ago the sage Tagore and the scientist Einstein had a brief encounter to discuss the nature of reality. Revisiting their fascinating discourse on how science and spirituality inform each other is long overdue and this new book finally does it! Even if you - like me, prefer Einstein's world, this book will make you marvel at Tagore's beautiful human universe as masterfully uncovered by the authors."

Dimitar Sasselov, PhD, Professor of Astronomy, Harvard University, author of The Life of Super-Earths: How the Hunt for Alien Worlds and Artificial Cells will Revolutionize Life on Our Planet

"This is not just another popular science book asking 'who am I?' and 'why am I here?'. This important new book addresses today's most important scientific questions regarding our very existence. In the end, we can't help but to be convinced that we live in a participatory universe that we define and synthesize according to the nervous system we enjoy as a species. The result is a riveting and absolutely fascinating literary adventure that will blow your mind wide open!"

Dr. Rudolph E. Tanzi

Joseph. P. and Rose F. Kennedy Professor of Neurology

Harvard Medical School

Vice-Chair, Neurology; Director, Genetics and Aging Research Unit

Massachusetts General Hospital

"Understanding Cosmos needs innovative perceptions and at times key paradigm moves. Our cosmic perspective changed radically with emergence of Relativity and a Quantum Universe, even as key mysteries remain unsolved in Modern Science. Are we at a critical juncture again towards comprehending the Cosmos? Deepak Chopra and Menas

Kafatos suggest new avenues, in that knowing the Observer resolves the Cosmic Conundrum. The book brings in a fresh breeze of ideas and an enjoyable journey into Self and Universe."

Dr. Pankaj S. Joshi

Senior Professor, Tata Institute of Fundamental Research

Theoretical Physicist and Cosmologist

Mumbai

"An inspiring and insightful work that points out the sterility and inadequacy of the materialist paradigm that unnecessarily pervades modern science."

Ruth E. Kastner, Ph.D

Author of Understanding Our Unseen Reality: Solving Quantum Riddles (WSP), and The Transactional Interpretation of Quantum Mechanics: The Reality of Possibility (CUP)"

"I am often asked if Deepak Chopra really believes the many controversial and provocative ideas he espouses in his many writings. Now that I have gotten to know him I can answer unequivocally in the affirmative, and there is no better encapsulation of his scientific worldview than *You Are the Universe*, which he co-authored with the highly respected physicist Menas Kafatos, my colleague at Chapman University. If you want to understand the worldview in which human consciousness is primary, and how that perspective can be defended through science, this is the book to read. In my own journey to better understand Deepak and his worldview this book was the most enlightening path I took."

Michael Shermer, PhD, Publisher Skeptic magazine, monthly columnist Scientific American, Presidential Fellow Chapman University, author of *The Moral Arc*, *The Believing Brain*, and *Why People Believe Weird Things*

In *You Are The Universe*, Deepak Chopra picks up where he left off in *War of the Worldviews*, only this time, rather than warring with a scientist (me), he joins forces with one. Teaming up with quantum physics expert Menas Kafatos, Chopra takes us on a tour of the universe and humanity's place in it, exploring both science and spirituality, and how they may inform each other. Although it's a worldview I do not subscribe to, it was an enjoyable ride.

Leonard Mlodinow, PhD

Author of *The Drunkard's Walk: How Randomness Rules Your Life*, and (with Stephen Hawking) *The Grand Design*

"As brain science and Western philosophy remain confounded by consciousness, this book points toward a solution, a deep connection between our minds and the fundamental makeup of the universe".

Stuart Hameroff, MD

Director and Co-founder, Center for Consciousness Studies

Professor Emeritus, Department of Anesthesiology

Professor Emeritus, Department of Psychology

University of Arizona

"As a teenager, I used to find it rather curious that people regard their thoughts and emotions as integral to whom they are, but their perceptions as something totally beyond themselves. The world we perceive is, after all, part of our mental life just like our thoughts and emotions. In this book, Deepak and Menas take this seemingly innocent idea to cosmic heights, revealing its true force and significance. They do it intelligently, in a scientifically well-informed manner, and with good taste. The result is delightful."

Bernardo Kastrup, Ph.D.

Author of Why Materialism Is Baloney, Brief Peeks Beyond and More Than Allegory.

"You are the Universe could have been spelled Youniverse for not only are 'you' in the universe 'you' are at the start of it all. Chopra and Kafatos have put together a well-written and, as far as any scientist today knows, a completely accurate exploration of how the mystery of subjective consciousness provides the basis for material reality as it is presently understood. I highly recommend this for those who are curiously alive."

Fred Alan Wolf, Ph.D. aka Dr. Quantum®  
Theoretical Physicist

Author of The Spiritual Universe, National Book award-winning Taking the Quantum Leap, Time-loops and Space-twists, and many other books.

The latest masterpiece by Deepak is a joint oeuvre with cosmologist Menas Kafatos. It addresses all the most important questions we can ask of ourselves and of science. Questions like who we are, and why are we here – with the science to back our answers. This is the “new paradigm” we have been talking about!

Ervin Laszlo

Author of What is Reality; The New Map of Cosmos and Consciousness

“In this interesting book, an astrophysicist is uniquely teaming up with a medical doctor. They present a novel, and I dare to say, revolutionary “paradigm” that has to make us all reconsider our ideas about our place in the Universe.

It will shake stagnated waters in the short sighted beliefs of many. It will also make us to think and wonder about our real relationship with the Cosmos”.

Kanaris Tsinganos

Director & President of the Governing Board National Observatory of Athens Professor, Section of Astrophysics, Astronomy & Mechanics Department of Physics, University of Athens (Greece)

“This book addresses some of the pertinent issues in modern cosmology and its epistemological problems based on Indian Philosophy. The question of two truths i.e. conventional truth and ultimate truth has been extensively discussed in Various Indian traditional schools including Buddhist one. The authors raised an important issue whether concept of two truths is necessary in understanding quantum reality. According to modern cosmology the origin of physical universe is traced back to the fluctuation of quantum vacuum. The vacuum is not devoid of anything but full of activities or potentialities. This is very similar to the concept of sunyata or emptiness in Buddhism as well as in Vedanta. The issue of Saguna Brhama ( with all type of attributes) and Nirguna Brhama ( without any attribute) crated lot of debates among ancient Indian scholars. In modern cosmology how various attributes of fields like electromagnetic, gravitational etc. are being manifested from quantum vacuum is the most challenging issue. This book discusses some of these issues in a comprehensive manner.

This book discusses another important aspect from neuroscientific point of view i.e mind creates the reality. The authors do not like to distinguish the external reality and internal reality. This is similar to Yigacara Buddhism. However, it raises a very important issue whether any physical theory should include boundary conditions too or boundary conditions are outside the physical theory. This book raises lot of such fascinating issues which may create an environment of new debate.”

Sisir Roy, T.V. Raman Pai Chair, National Institute of Advanced Studies, IISC Campus, Bangalore and (Former) Professor, Physics and Applied Mathematics Unit, Indian Statistical Institute, Kolkata, India.

"You are the Universe, brings the usual gracious clarity of all of Deepak Chopra's writings together with the insights of physicist Menas Kafatos to elucidate the most profound and pressing questions at the frontiers of contemporary science. Weaving Dr. Chopra's expertise regarding biological systems with Prof. Kafatos' work in quantum physics, geophysics, and cosmology, they illuminate the realms where all the most successful contemporary sciences come to the edge of what can be explained with the vital lights from their own life times of deep spiritual practice. The result is no clash of competing perspectives, but a rich, synergistic tapestry of great wisdom, beauty, and comfort for our culture. As such, You Are The Universe is their great and generous gift to each of us".

Neil Theise, MD

Professor of Pathology

Icahn School of Medicine at Mount Sinai

Warm regards,

Carolyn Rangel

President

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