

Deepak Chopra's Mind Body Zone: Living Outside the E

author: Deepak Chopra

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Synopsis

author	Deepak Chopra
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"When you want to change your life in any way, one truth always comes first: You can only change what you are aware of. The choice is simple: expand your awareness or live without real change." (Deepak Chopra)

The surest path to self-development is through our vital connection to the world around us. That's the lesson in Deepak Chopra's essential new podcast, *Mind Body Zone*. Over 12 episodes, Chopra, the preeminent thought leader in this space, holds intimate conversations with a range of extraordinary guests to explore the challenges we each face, and reveal how they've worked to transcend the ordinary and redefine their lives through harnessing a mind-body connection.

Among Deepak's dynamic guests: activist and advocate X Gonz lez, yoga teacher and body positivity advocate Jessamyn Stanley, anti-racism educator Layla Saad, multidisciplinary artist Jon Batiste, U.S. poet laureate Joy Harjo; media pioneer Oprah Winfrey, and many more. Each conversation concludes with a bespoke meditation, led by Chopra, designed to help listeners further absorb and put into practice newly explored ideas and themes.

Join Deepak Chopra and discover how together we can each become whole.

Reader's comments

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