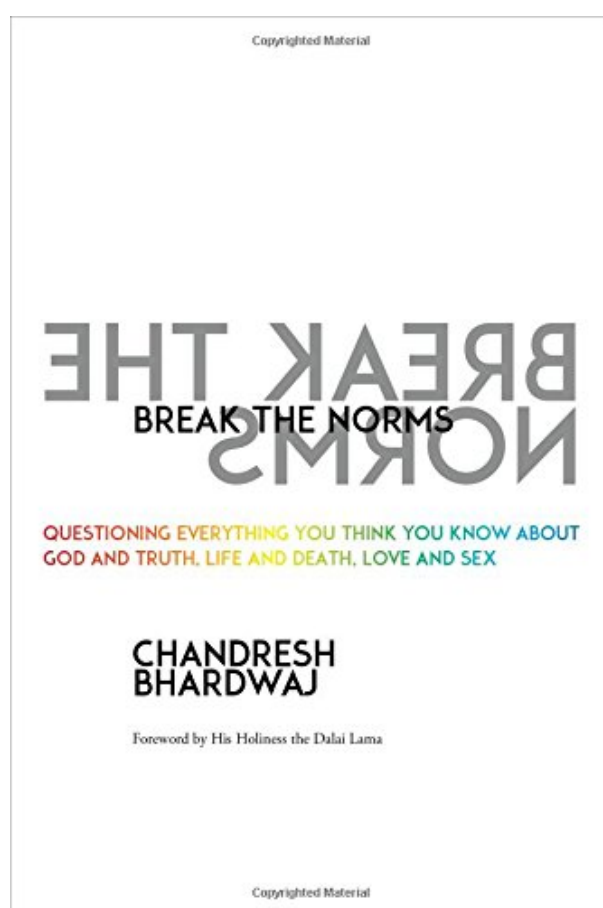


**BREAK THE NORMS: QUESTIONING
EVERYTHING YOU THINK YOU KNOW
ABOUT GOD AND TRUTH, LIFE AND
DEATH, LOVE AND SEX BY CHANDRESH
BHARDWAJ**



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BREAK THE NORMS

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**CHANDRESH
BHARDWAJ**

Foreword by His Holiness the Dalai Lama

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Review

"Most people believe that spiritual growth requires subscribing to an established spiritual/religious path and following the directions of that organization's designated teachers. Bhardwaj tells his clients that just the opposite is true. He tells readers that spiritual growth requires breaking free of established dictates and society's conditioning, and that our own inner truth is the only guide that will ferry us to enlightenment. His book begins with an overview of the Breaking the Norms protocol and then applies it, chapter by chapter, to individual areas of life. He challenges established norms, i.e., making money isn't spiritual, death is the end, sex is separate from God, and the ego is evil. Let customers know that each chapter contains exercises to help the reader move beyond blind acceptance to risk finding their own way to a more meaningful life."—Anna Jedrzejewski, Retailing Insight

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When you are rushed of job target date and have no concept to obtain motivation, **Break The Norms: Questioning Everything You Think You Know About God And Truth, Life And Death, Love And Sex By Chandresh Bhardwaj** book is among your options to take. Book Break The Norms: Questioning Everything You Think You Know About God And Truth, Life And Death, Love And Sex By Chandresh Bhardwaj will certainly provide you the ideal source and also thing to get inspirations. It is not only regarding the works for politic business, management, economics, and other. Some bought tasks to make some fiction your jobs likewise need inspirations to overcome the task. As exactly what you require, this Break The Norms: Questioning Everything You Think You Know About God And Truth, Life And Death, Love And Sex By Chandresh Bhardwaj will possibly be your choice.

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Have you ever felt like you're living out a script written for you by others—in your work, your relationships, or spirituality? "To break through the norms we've been conditioned to believe is an act of rebellion," writes Chandresh Bhardwaj. "We must be prepared to be brutally honest. We must overturn our assumptions and unlearn our suffering. We must be willing to discover our real reasons for being alive."

In *Break the Norms*, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Join him to explore:

- **Your Inner Truth**—how to set aside your conditioned, ego-based perspective and bring forth your authentic wisdom
- **Spiritual Practice**—where you can get stuck practicing meditation and yoga, and how to keep moving toward a deeper experience of God
- **Mastering the Ego**—developing a healthy approach for dealing with anger, fear, and desire
- **Seeking Your Guru**—dispelling the myths about gurus and finding the right teacher to hold up a mirror to your soul
- **Love, Sex, and Spirit**—how we can integrate the physical world and the transcendent through the path of devotion
- **Mortality and Morality**—overcoming our fear of death and our resistance to creating heaven on earth

There are no "right answers" in spirituality, but asking the right questions can help us discover who we are and what we are becoming. "Authenticity is inherent each of our souls," writes Chandresh. "When we start to be authentic, we start to get back in touch with our divine source." *Break the Norms* is the first book from a compelling new teacher—and a clarion call to embrace our own spiritual authority.

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Most helpful customer reviews

7 of 7 people found the following review helpful.

A must read for all!

By LadyKay

Break the Norms is a must read for anyone that wants to get to know themselves a little bit better. This is not a book about God and it is not a book about religion. It is a book about learning to listen to your soul. From the very first page Chandresh challenges you to "Break The Norms" and step out of your comfort zone. He pushes you to question the way you have lived your life so far to see if you really are where you're meant to be.

He takes taboo topics like work, religion, and sex and then asks you to consider your thoughts on each subject rather than society's thoughts. While the book is a quick read, I have already found myself going back to re-read sections and have come back with a little bit more each time.

Reading this book is a lot like having a conversation with the man himself, I can hear Chandresh's voice in the introduction and relate his journey to my own.

Chandresh Bhardwaj has truly Broken the Norms with his first book. I'm looking forward to seeing what's next!

4 of 4 people found the following review helpful.

A refreshing, no BS take on spirituality.

By Rasaja

The best teachers are those that enable students to depend on their own strength rather than establishing a dependency on the teacher's guidance. Break The Norms invites anyone brave enough to deconstruct, question their own hard-held beliefs to step into an ability every person has but few ever venture to claim: trust in one's self to determine truth.

Break The Norms offers no answers about spirituality. It presents tried and true, ancient techniques for one to

find answers for them self. Several times in this book, the author sincerely asks the reader not to "take my word for it." What a sigh of relief that is, compared to the widespread need for people to believe what you believe that seems to be present in the US.

With such an exponentially growing interest in the west for esoteric teachings of the east, endless texts on spirituality are readily available in bookstores across America. But I find a lot of them are mere summaries and interpretations of research found in other texts. Chandresh comes from a line of spiritual gurus in India. His authority on eastern teachings comes from direct experience and his upbringing; Not from a curriculum or from books. He is the kind of person a scholar would interview in order to write a credible book of this kind. But the incredible thing about this book is you're cutting out the middle man. Information from the source, rather than from someone who "has a source."

The one thing I will warn you about, is not to expect to read an English masterpiece. Although there are many powerful, quote-worthy lines, this is not a text that will go down in history for its mastery of the English language. Well written and organized, though it is, it differs from other spiritual texts which tend to use "woo-woo" spiritual jargon and overly poetic "word soup" which I have always found annoying and useless. Just tell it to me like it is. Break The Norms is a no-bullshit, concise and direct introduction of Eastern meditation techniques paired with modern practicality and application. It doesn't aim to distract you with "New Age" dreamy descriptions of far out ideas. The author of Break The Norms views these eastern teachings as well within reach for a western audience, and presents them as such.

Whether you have no interest in meditation, are just now looking into starting a meditation practice, or are well experienced, everyone can take away something from this book.

4 of 4 people found the following review helpful.

Must read - multiple times!!

By Mks

I have been keenly awaiting a book by Chandresh as his thoughts through break the norms have been so refreshing and true. The book lives up to my high expectations...and went much beyond. His insights on God and relationships are truly remarkable as it forces you to ask unconformable questions.

On many fronts Chandresh's thoughts through this book (especially the exercises after each chapter) have challenged me to look at things differently and I have indeed seen changes.

I have read my share of spiritual books for sure - and while I can say this is one of the best I have read in a long time, I must admit I have only scratched the surface when it comes to learning from this book.

It's going to take a few re-reads and practice before I am ready to move on. Hopefully, Chandresh will have another one by then !!

Happy reading!!

See all 35 customer reviews...

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