

BREAK THE NORMS

QUESTIONING EVERYTHING YOU THINK YOU KNOW ABOUT
GOD AND TRUTH, LIFE AND DEATH, LOVE AND SEX

**CHANDRESH
BHARDWAJ**

Foreword by His Holiness the Dalai Lama

Chandresh Bhardwaj

Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex



[continue reading](#)

To break through the norms we're living out a script written for you personally simply by others—writes Chandresh Bhardwaj. “Perhaps you have felt like you’ve been conditioned to trust can be an act of rebellion,” in your work, your romantic relationships, or spirituality?” There are no “bringing down the person.s deepest longing. It’s about following your soul” It’s about making a decision to query what you’ “ve been told is true. It is not about being stubborn or ‘correct answers” in spirituality, but asking the proper questions can help us discover who we have been and what we have been getting. In Break the Norms, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—after that offers penetrating queries and self-inquiry practices to help us separate our very own truth from the products of the position quo. Here is the long-awaited fist reserve from a compelling new instructor—and a clarion call to embrace our very own spiritual authority.



[continue reading](#)

A must read for all! Break the Norms is a must read for anybody that wants to become familiar with themselves a bit better. He challenges you in ways that a great professor would to help you grow. I haven't finished it nonetheless it helped me understand and break my walls down and help with my despair. From the 1st page Chandresh issues you to "Break The Norms" and come out of your safe place. He pushes you to question the way you have lived your life up to now to see if you are really where you're designed to be. He uses taboo topics like function, religion, and sex and then asks you to consider your applying for grants each subject instead of society's thoughts. As the book is an instant read, I have already found myself going back to re-examine sections and have come back with a bit more each period. Reading this book is 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 provides truly Damaged the Norms with his first book. Happy reading! A must read for all seekers. If you are feeling shed amongst today's societal norms, this work can help you feel found. Chandresh shares a small part of his trip into understanding himself in a manner that we can all relate. Frequently while reading I felt many "I as well have felt this way" moments. Books such as this are very rare; Chandresh issues you to look within and unlock the deep emotions you keep tucked away in order to function in every day life. He speaks to the hidden truths in ourselves, ones you may not have realized you owned. This is simply not a reserve about God and it is not really a book about religious beliefs. Chandresh reminds all of us that it is OK to be ourselves in a global that is constantly judging; in a global that may feel highly critical, personal righteous. Ordered it the same time and it emerged in the mail even sooner than I expected. This book was a gift to me when I felt lost and I'll always cherish it and go back to it when I want that friendly voice for guidance prodding me to look within. Thank you Finally got it and it's further than what I expected. Chapter 1 made me extremely uncomfortable – so very much that I couldn't believe straight for some days and so very much that it reminded me of the turmoil in my own life from years ago. The publication lives up to my high objectives. It is amazing and uplifting. Reading it offers helped me to develop forgiveness, acceptance, and ultimately a lot of reassurance. His insights on God and relationships are truly remarkable since it forces you to talk to unconformable questions. On many fronts Chandresh's thoughts through this book (specifically the exercises after each chapter) have challenged me to look at things differently and I've indeed seen changes. I have read my talk about of spiritual books for sure - and while I could say this is one of the best I have read in quite a while, I must admit I have only scratched the top with regards to learning from this book. It will quickly become a traditional. Hopefully, Chandresh will have another one by then!! I'm looking forward to seeing what's next!! Books like this are very rare. Scanning this book forced me to rethink a number of things about my life. I have already been keenly awaiting a reserve by Chandresh as his thoughts through break the norms have been so refreshing and true. A HUMONGOUS many thanks to the author for writing this book; A great device for soul searching and journaling across the street of soul searching. In a society that's overridden with sadness (in my opinion), you can find undeniable truths relayed. It's going to take several re-reads and practice before I am prepared to move ahead. There's so much understanding and truth packed in such a succinct way. However in many ways, Personally I think better than in the past after reading and re-reading chapter 1 and seriously taking the time to believe through my thoughts. I want a youthful me could have browse it. If you're new to spirituality or fall anywhere else in the spectrum, this is a great start that you can help you open up your mind. In the event that you give it enough time that it deserves, I am certain it will have a very positive and lasting effect on your daily life. Oh – yet another thing – be sure to maintain your journal handy while

reading. I found the process of composing my thoughts as I read the book extremely helpful in triggering my recognition. Highly Recommended Break The Norms is one of the best book that gives you a better knowledge of yourself. This reserve will be very helpful for those who end up having undesired negative feelings, but whose feelings aren't completely overwhelming. The exercises on understanding your conditioning and beliefs are a good idea and powerful, if you take them seriously. This book can change a few of the ways we live our lives, and can give support, encouragement, and insight, to pursue real transformation with courage...I highly recommend this publication. Chandresh is quite intelligent, humble, well educated, bold and incredibly young spiritual innovator and author who has great understanding and lot of experience of his own in western and eastern professional and spiritual world with so many popular spiritual masters along with unique experience with his father who is a great spiritual guru and went very much beyond. Definitely well worth buying. Great inspiring book that provides tools for transformation of life Break the norm is an excellent book to unfold your brain of individuals from conditioning that they receive from kid To adult simply by parents, family, school, teachers, religious people, and culture. This book really can help you remember your better self qualities. Chandresh has used most of his experience and his creative brain to write this reserve. He has explained everything in a straightforward but effective way that anyone can understand and can transform their lives. Recommend this reserve to anyone considering making a major change in their life-- it will guide you to your truth! Got a utilized one and the pages were in ideal condition. A MUST-READ for anybody on a spiritual journey Totally love this book. Chandresh is such an amazing light in the spiritual community who really leads with his center. This book is crucial read for everyone but especially for new generation.. For me personally, a society that is so empty inside. I would like to see this book in the library of each and every high college where it can help a lot of people for happiness, success, spirituality and in every other area of their life. get it now!! This is an extremely raw, uncensored and through book that will challenge your belief system and preconceived notions, especially the chapters on God, Guru and Love! If you're already spiritual, this will motivate you to dig deeper into truth; Make it your New Year's resolution to learn this book. The author is a sweetheart, too! you will discover him on instagram at cbmeditates ! Must read - multiple situations! It is a publication about learning to listen to your soul. Totally love it and would recommended it to anyone who's looking within themselves and also a reminder for those who have discovered themselves. Quite definitely loved this book. I really like this book 10/10 I happened to encounter this book at my library and after reading a few pages knew I NEEDED this reserve in my life. Quite definitely loved this book Chandresh's kind terms brought tears to my eye . You can feel his soul through his text. as i deal with my disabilities. Five Stars Good reading for all Open your brain and listen you your core Well crafted and clear cut info about what societal norms could be hindering you in your life and how exactly to look past them to listen you yourself and everything you believe. -- Just one single example of how profound this reading offers been for me.



[continue reading](#)

download Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex fb2

download free Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex e-book

[download Shine On: How to Grow Awesome Instead of Old epub](#)

[download 50+ Natural DIY Beauty Recipes: Using Ingredients That Are Already In Your Pantry! fb2](#)

[download free Functional Training txt](#)