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# Professor's book depicts journey to enlightenment

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No one takes the time anymore to sit back and contemplate themselves and their own thoughts. Society is so fast paced that you either have to run with it or miss fantastic opportunities thrown your way.

The Voice, the Mind and the Traveler, written by Prem Chopra, professor of management in the department of engineering, offers a break from your stress filled life that does not take away from your current goals of the day, but enhances them.

It teaches you how to deal with distractions in your life by providing an amazing depiction of Gyan Yoga, the ancient eastern path to enlightenment. Chopra attempts to "open the mind" of students and change "stress into flow."

This is a book of meditation. It is a story that follows the protagonist, Ann, on a universal journey to uncover the seven secrets to achieve happiness and freedom. Ann's journey is presented to the reader through a conversation between Mind and Voice, acting as characters.

The idea is that through meditation, Voice, otherwise known as intuition, speaks to Mind, which then speaks to the Traveler, Ann. The Traveler is then able to follow his or her intuition and work to be free from all attachment, ultimately leading to the "Eternal Creative Force."

"Find the truth you believe in and follow it; in fact, envelop your self in it," Chopra says. "It may become the most fascinating thing to you."

This book has a simple philosophy, which is fast and easy to read, but the philosophy expands as you continue to think about it. The book is unique in its context and cultural background, with an idea that students may not have been exposed to.

Chopra's book offers concepts to readers simply as a guide, but you may find yourself reflecting on them just because they are something new.

The philosophy can apply to everyone. After all, there are no classes that teach about life and purposeful meaning after college. The Voice, the Mind and the Traveler teaches the reader to

take it all in stride, to relax and let the small things go.

"It offers guidance," Chopra said. "You go to school to open your mind and professors should teach something that opens your mind. The book is the way I can provide, because it is the domain I see."

The book is available at Rock Point Books, where students receive a 10 percent discount on all books. Chopra is also offering a student discount, bringing the price of the book to \$5.

I definitely recommend buying the Voice, the Mind and the Traveler. Between its thought-provoking wisdom and an easy to read story the book could transform your life.

For more information, visit Chopra's Web site at [www.brookoflife.com](http://www.brookoflife.com).

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