



# **You Are More Than That: A Guide to Embracing the Spiritual Being Within and Becoming Fully Human**

*Rajiv Juneja M.D.*

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# You Are More Than That: A Guide to Embracing the Spiritual Being Within and Becoming Fully Human

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## **You Are More Than That: A Guide to Embracing the Spiritual Being Within and Becoming Fully Human** Rajiv Juneja M.D.

Too many people go through life racing after proof of their self-worth along an external loop: the finest shoes or watch, the most expensive car, a bigger house – or a better-looking mate, a brighter child, another academic or professional degree, a promotion at work. Some of these items may be briefly satisfying . . . but soon the old hunger returns. You can avoid this senseless and exhausting pursuit by reconnecting with the spiritual Being that has lived inside you from birth.

In this compelling and enlightening book, **Dr. Rajiv Juneja** shows how acknowledging the spirit within offers new insights about the biological, psychological, and social aspects of our lives – helping us manage mindless responses, build emotional intelligence, find a life partner, enhance our relationships, and follow a purpose-filled highway at work. *You Are More Than That* describes rich strategies and practices for mastering your emotions and walking out of the comfort zone that hinders your growth. Your internal sense of soul will release your mind's full energies and let you fall in love with life.

This book clearly demonstrates that you are more than the limited creature you may perceive, and you can follow a different story than the often-negative narrative cobbled together unconsciously from childhood experiences. *You are more than that.*

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