

FOR IMMEDIATE RELEASE

Deepak Chopra Shares New Insights on Super Genes at East West Bookshop Event

Mountain View, CA - November 1, 2015 - East West Bookshop presents an evening with Deepak Chopra as he shares a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity. The talk will be held on Friday, November 20 at 7:30 pm at Smithwick Theater, Foothill College, in Los Altos Hills. All tickets include a free copy of Chopra's fall release, *Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-being*, co-written with Rudolph E. Tanzi, Ph.D.

For decades, medical science believed that genes determine our biological destiny. Now the new genetics has changed that assumption forever. Chopra will discuss practical ways to experience higher consciousness, transformation, and healing through what we think, say, and do.

Dr. Chopra is the bestselling author of more than eighty books. He is the founder of The Chopra Foundation and the co-founder of The Chopra Center for Wellbeing. Lauded for his impact in the field of alternative medicine, the information he and Tanzi present in *Super Genes* will revolutionize how we understand ourselves and the health of those around us.

Admission is \$60 for general seating. For tickets, call 650-988-9800, or visit www.eastwest.com. Smithwick Theater is located at 12345 El Monte Rd., Los Altos Hills, CA.

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