
From: Deepak Chopra <[REDACTED]>
Sent: Sunday, September 18, 2016 9:23 PM
To: Jeff Epstein
Subject: Benefits of meditation, yoga, and vegetables | Well+Good

<http://www.wellandgood.com/good-advice/heart-disease-yoga-meditation-vegetarian/>

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Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Wellbeing

<<http://www.amazon.com/Super-Genes-Astonishing-Optimum-Well-Being/dp/0804140138/deepakchcom07-20>>