



Living with Intent: My Somewhat Messy Journey to Purpose, Peace, and Joy

Mallika Chopra

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“I’m trying to meditate one day but urgent thoughts keep intruding. *Don’t forget to take cupcakes to school! I have to prepare for my presentation for the wellness conference! Is that lunch with the other moms tomorrow or next week?* My to-do list is stampeding through my mind, trampling any chance of tranquility. I feel overwhelmed, yes, but there’s more: I feel...guilty. Guilty that I’m taking on too much, guilty that I’m not doing anything well, guilty that I’m giving short shrift to my kids, my husband, my job. *And what about you, Mallika?* a quiet voice asks. *How are you shortchanging yourself?”*

Living with Intent is a chronicle of Mallika Chopra’s search to find more meaning, joy, and balance in life. She hopes that by telling her story, she can inspire others with her own successes (and failures) as well as share some of the wisdom she has gathered from friends, experts, and family along the way— people like her dad, Deepak, as well as Eckhart Tolle, Marianne Williamson, Arianna Huffington, Andrew Weil, and Dan Siegel. She also provides a practical road map for how we can all move from thought to action to outcome. Each chapter is devoted to one step on her journey and another piece of her INTENT action plan: Incubate, Notice, Trust, Express, Nurture, and Take Action. Chopra’s insights and advice will help us all come closer to fully living the lives we truly intend.

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