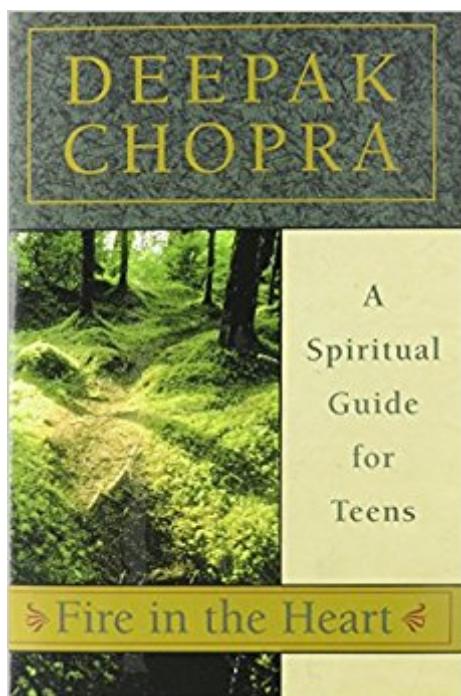


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# Fire In The Heart: A Spiritual Guide For Teens (Chopra, Deepak)



## Synopsis

A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, "Come here. We need to talk." Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy's life. "You are old enough to learn about things," he says mysteriously. "And who is going to teach you but me?" The old man gives the boy four days of "soul training," a time of riddles, tricks, parables, and fantastic twists that bring out surprising answers to each of four burning questions about spirituality: Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world? The boy was Deepak Chopra, who grew up to become an acclaimed writer and teacher about the same invisible things that the old man had taught him. *Fire in the Heart* is Dr. Chopra's first book for young adults. Its aim is to pass on this soul training to young readers. "The old man with the white beard showed me the spiritual side of life," writes the author, "where real passion and excitement come from. So before you begin, take a deep breath. This story could turn out to be yours." "[Spirit is] everywhere, making sure that everything is connected. The light from a star billions of light years away is the same light that makes plants grow here on earth. The plants give food; the food has allowed you to develop in your mother's womb; and today you look at that star with the eyes that the stars gave you. There's the cosmic connection." -- from *Fire in the Heart*

## Book Information

Series: Chopra, Deepak

Hardcover: 208 pages

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Grade 6 Up  
Chopra presents inspirational life lessons spoken in parables by a mysterious teacher who leads an unnamed narrator through a four-day retreat of self-discovery. With the guidance of Baba, the 15-year-old comes to know his true self by generating answers to four major questions: "Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world?" The teen and Baba spend a day discussing each question; these four sections are divided into smaller lessons or chapters that end with the young man describing what he learned and how he has applied Baba's wisdom to his life. The didactic text demonstrates a cosmic connection between the soul and all things in deliberate, forced dialogue between the teen and his teacher, and the narrator's internal conversation. The prominent themes are consistent with those common to the genre: finding order in chaos, looking for the missing "something" in life, meaningful communication, and understanding and belief in what one cannot see. The book is rather like Antoine de Saint ExupÃ©ry's *Le Petit Prince* meets *Chicken Soup for the Soul*. The final section, "A Soul Alphabet," contains inspirational words and motivational prose: appreciation, beyond, communicate. This nondenominational offering could serve as a textbook for a course on self-exploration, faith, or spiritual discovery.  
Jodi Kearns,  
University of Akron, OH  
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Gr. 8-12. Chopra, who has been very successful writing self-help books for adults, now turns to a teenage audience. The messages about one's spiritual self and enlightenment he presents here are not noticeably different from those that he gives to older readers. To deliver the information, he uses a literary device (which the book presents as true, not metaphorical): a wise old man, Baba, comes out of the mist to pass on knowledge to a young Deepak. Older teens will probably smirk, but younger ones may find the interaction both accessible and inviting. Baba's teachings revolve around the questions that most people ask, beginning in young adulthood. "Why am I here?" "Do I have a soul?" "Do wishes come true?" "What is the supreme force in the universe?" Along with answers, Chopra offers words of encouragement and simple suggestions to improve relationships and make the world a better place. Familiar philosophy youthfully repackaged. Ilene Cooper  
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I checked this book out from the library twice just to read it again. It makes you think and exited. It's not only for teens. My fiancÃ© is very picky when it comes to spiritual books like this, but when he read one random page from this book, he got hooked and I was very happy to see him want more and more of this book. So when his birthday came in July I bought it for him as a gift. He was very happy!! Thank you

Dr. Chopra knows the truth.

I bought this book for my 14 year old sister. She read a sample of it on my ibooks and loved it. So I bought it for her, of course off of :) The next day I gave it to her- and the following day I asked her how the book was coming along. She said "I loved it!" She'd already finished it! She said that the story was easy to follow as well as the metaphors that are used were not hard to understand like other books that she's read- she's had to ask my mom what exactly they meant. She's already lent it to 2 of her friends to read. I'm 12 years older than her and have also read it. I would recomend it for either a teenager or a young adult. It is a very inspiring book. Excellent job Chopra!

My mother gave me this book to read when I was 13 and going into 8th grade. The author really makes this book an enjoyable read. I loved it. In this book, Chopra explains in chapters about how everyone has a soul and how to relate to your own. Reading this was very calming and interesting. It was very easy to understand and to relate to. I would recommend it to any teen whos spiritual or looking for something meaningful to read.

This is A really special story. I would say it's great for pre-teens before they get jaded by teenage angst. It has a very special message that I hope children everywhere will read and cherish.

Been reading this book out loud with my 12 and 14 year old boys, as they part of their quest for finding their spirit. It is a gentle entry into spirituality, whether you are Christian (at least an open-minded one) or not.

deepak is fantastic and i would recommend him to anyone!! he is an excellent guide and is wonderful at explaining things so you can understand them. he can really help you to open your mind, and essentially, your heart.

I've not finished this book yet but so far I love the messages from each story. Love the concept of connecting to your soul

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