



LIVING WITH INTENT

MY SOMEWHAT MESSY JOURNEY TO PURPOSE, PEACE, AND JOY

Mallika Chopra

On Sale 4/7/2015

MallikaChopra.com

ABOUT *LIVING WITH INTENT*

As a mom, wife, and social media entrepreneur, Mallika Chopra frequently wondered how she could possibly do one more thing. Like so many, she was taking lousy care of herself and having a difficult time finding richer meaning and purpose in each day, even though that was her business's mission. *Living with Intent* is a practical yet deeply personal look at her year-long journey to discover some workable answers. Along the way, she sat down with Andrew Weil, Eckhart Tolle, Gretchen Rubin, Marianne Williamson, Daniel Siegel, and others, who shared their valuable input and insight.

MALLIKA CHOPRA is the successful author of two previous gift books for parents, *100 Promises to My Baby* and *100 Questions from My Child*. She is a busy mom of two, a successful entrepreneur, and the founder and CEO of Intent.com and Intentblog, a successful social media site and its sister blog. Chopra grew up in Lincoln, Massachusetts, and graduated from Concord Academy, Brown University, and the Kellogg School of Management.

AVAILABLE AT THESE RETAILERS

[Amazon](#) • [Barnes and Noble](#) • [IndieBound](#) • [iBooks](#) • [Kobo](#)

PRAISE FOR *LIVING WITH INTENT*

"More and more, people realize the value of approaching life with a mindful, purposeful spirit. With this **insightful and often funny** memoir, Mallika Chopra gives ideas and encouragement to anyone who wants to live with intent."

— Gretchen Rubin, bestselling author of *The Happiness Project* and *Better Than Before*

"Mallika Chopra is a refreshingly honest writer who shares her transformative journey from stress, fear, doubt, overwhelm, procrastination and guilt into a life of true happiness and self-acceptance. **This brilliant book provides a template of gentle, doable, baby-steps that will take you by the hand and lead you to living a joyful life. Reading this book is like having the world's best friend on speed dial.**"

—Arielle Ford, author of *The Soulmate Secret*

"Whether we know it or not, we matter; today matters. Mallika Chopra **shows us all how to live quiet lives of inspiration.** Her book and journey are not to be missed."

—Elizabeth Gilbert, bestselling author of *Eat, Pray, Love*

"Mallika's unfettered account of her own path to intention gave me the comfort of knowing we all have our starts and stumbles in this arena, even a Chopra. **She is an everywoman - an everymom - who openly struggles with life balance, spirituality, and insecurities like the rest of us.** It's a windy road, but her steps of INTENT help to gently bring things back into focus. I'm happy to be on my journey with my friend and fellow chocoholic Mallika."

—Jennifer Garner

"**When's the last time you slowed down, reflected deeply, and were satisfied with what you saw?** In this warm, inspiring, and practical memoir, Mallika Chopra reconnects with her passions and daily purpose. For anyone interested in a journey of self-reflection and joyful discovery, Chopra makes a delightful companion and guide."

—Jack Canfield, co-author *Chicken Soup for the Soul* and *The Success Principles*

"*Living with Intent* offers us **a gentle reminder that happiness and peace are a choice we make.**"

—Gabrielle Bernstein, *New York Times* bestselling author of *Miracles Now*

"**If you're spinning through your days wondering when you'll stop churning and instead start thriving, then you have to read Mallika's book.** With humor, courage, and great insight she shares the keys to a purpose-filled life."

—Chade-Meng Tan, Jolly Good Fellow of Google & *New York Times* bestselling author of *Search Inside Yourself*

"Mallika Chopra has taught me through her powerful example of the importance of daily intentions. Through her personal story, Mallika sweetly reminds us of our own power to affect positive, lasting change in our lives, and consequently in the lives of everyone around us. **Read this and prepare to have a big shift in perspective that changes everything for the positive.**"

—Tara Stiles, founder of Strala Yoga and author of *Make Your Own Rules Diet*

AVAILABLE AT THESE RETAILERS

[Amazon](#) • [Barnes and Noble](#) • [IndieBound](#) • [iBooks](#) • [Kobo](#)