



Walking Wisdom: Three Generations, Two Dogs, and the Search for a Happy Life

Gotham Chopra , Deepak Chopra

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Deepak Chopra

If it wasn't for dogs, some people would never go for a walk.

--anonymous

Gotham Chopra considers himself a pretty average guy. He devours pizza, lives and dies by his hometown teams, and watches *Kung Fu Panda* with his son--daily. But his childhood wasn't quite so average. Growing up, Gotham was exposed to the deepest reservoirs of knowledge that his famous father, Deepak, could find; his childhood was part spiritual, part scientific, and totally unique. Now a newly minted father himself, he's contemplating the influences he wants to draw on for his own son. The first was no surprise: his father. The second was unexpected: his dogs.

From Nicholas, the blaze of energy and anarchy who turned the family upside down, to Cleo, a rescue mutt with food issues, the Chopra dogs taught the family about curiosity and wisdom, open-mindedness and passion, not to mention loyalty and pig's ears. But what else, Gotham wondered? And how did these lessons compare to the ones that Deepak himself imparted?

Gotham would soon find out. When his mother took an unexpected trip to India and leaves instructions to *look after Papa*, father and son have an opportunity for male bonding on a big scale. That this bonding takes place on their daily walks seems almost natural. After all, Gotham also had in his care a nervous dog and an exuberant toddler, both with an insatiable need for exercise and exploration. So Gotham and Deepak walk and talk, discussing the laughs and licks that come with having a dog, along with the contradictions, complexities, and consequences of having children. They soon realize the qualities they observe and admire most in their pets are values we humans would do well to nurture within ourselves. They discover that our best friends have a lot to teach us.

Gotham and Deepak's message may seem simple, but therein lies its brilliance. Heartfelt, endearing, and above all down to earth, *Walking Wisdom* offers readers both enlightenment and comfort, with a little bit of mayhem thrown in for good measure.

Walking Wisdom: Three Generations, Two Dogs, and the Search for a Happy Life Details

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From Reader Review Walking Wisdom: Three Generations, Two Dogs, and the Search for a Happy Life for online ebook

Susy says

3 stars

I guess my story is much like Bruna Mikami's... A friend of mine gave me this book knowing how much I love animals. I had no idea what it was about and had never heard about the Chopra family. So I too was expecting a story about a dog's life and all the important lessons we can learn from them (and probably that was what my friend thought she was giving me lol). And although this is indeed one of the themes in the book, it turned out to be much more about the Chopra's and their lives. I agree with Bruna, it is not a bad book but not at all what I was expecting. I did laugh out loud two or three times but had expected to do that a lot more. And maybe for the same reason (expecting it to be about something else) I felt it could be shorter, it felt dragged by times. Unlike Bruna I did finish it, it's not a bad book and it's quite an easy read.

gina says

This book starts out in a way I cannot disagree with- Gotham discusses his absolute obsession with getting a dog when he was younger. His parents relent and he gets an awesome dog. The dog is wonderful, affects everyone in his own way, grows old and dies. This dogs story is more of a prologue than the meat of the story because, as an adult he gets a second dog which he shares with his girlfriend (who later becomes his wife) and we see the transition from college students, to married couple, to dog+first born stage. It is this second dog, Cleo, that is center stage to Walking Wisdom.

It was refreshing to see these stages of transition in their lives fully fleshed out in relation to the dog. Often people do not truly consider the dogs role in your life as you transition, change, mature, move, expand your family, etc. Often people think of it as little more than an accessory. This is a terrible way to approach an animal who is a part of your family; a feeling, breathing, thinking member of your family who deserves consideration on levels beyond potty and feeding times.

I was most moved by Chopra's exploration of how his son and his dog fit (or did not fit together). His opinion and ponderings about the dog as a philosophical jumping off point was truly inspiring. I thought a lot about my own dog (as any reader would do) considering how he had affected my life, my love, my philosophy. What dogs have to teach us about patience, forgiveness, adjustment, acceptance of others, etc. is vast. There's a lot there to ponder! And luckily, in this book you could not have a better guide.

Chopra's writing is easy to follow and a pleasure to read. He has just the right mix of humor, seriousness, personal information, and philosophical tangents to keep the reader grounded and inspired to new heights all in the right mixture.

I would recommend this book especially to couples who do not yet ave children and dogs. I'm always saddened when I hear of a couple who had a dog, then decides to have a baby and gets rid of the dog. I will make a bold statement that these people shouldn't have children. I don't think they have a kind compassionate soul capable of teaching strong morals and love to their children that encompasses all living things. What are you teaching your child? That every time something new comes in, you'll throw away the old? That _____

commitments and promises to take care of family members are mere whims that need not be kept. That animals are objects to be used up and nothing more. That when the going gets barky that you'll throw the dog out with the bathwater? Commitments and promises to living things must be honored. I would not trust a person who gives away/puts down their dog because they now have a baby. I've known of people who had "trouble" from their dogs when a baby was born. They devised plans to keep the dog and baby separate until this was worked out, or who hired trainers to help, or recruited family members to help sort out the dog/baby drama. They did not get rid of the dog.

I've also known people who did not intervene and teach their children how to behave around animals. These children would be bit and scratched and out goes the pet- instead of teaching the child how to respect, love, and be gentle. Wow. Way to go. Stellar parenting. Again, wish these people didn't have children or pets. I'm on a tangent and I apologize. I feel strongly on this subject, obviously. And this book was an honest long look at how the dog interacted with their son, and their own decision making process about keeping or getting rid of the dog (they kept the dog. halleluiah).

I thoroughly enjoyed this book and would highly recommend it to fellow dog owners. However, a word of caution: if you listen to the audio version as I did, do know that Gotham Chopra reads it and while he's very good, he's very often hard to understand who he is quoting (his dad, himself, or just words not attached to a person). He doesn't do much to change his voice (okay, nothing) and so you're left halfway through a passage thinking, 'wait...is this his dad, him, or just quotes from some other book or passage...' and you have to figure it out. That was a bit frustrating but not so bad that you couldn't sort through it or decide it didn't matter.

Heidi The Hippie Reader says

Gotham Chopra, the son of Deepak Chopra, shares what he has learned through the ownership of his crazy dog, Cleo, and becoming a father for the first time. He also deepens his relationship with his own father when his mother has to spend an extended time away in India.

It's a hodgepodge of a book with the themes differing from chapter to chapter. I generally enjoyed it but felt like it was a bit scattered.

I remembered Gotham from all of the Channel One news I watched during junior high and high school. I thought it was a waste of time (even then, I would have rather been reading), but I remembered him.

A few years ago, I watched the documentary he made about when his father joined a monastery- he mentions this at the end of *Walking Wisdom*. I was intrigued by the dynamic between them in the documentary.

Gotham seemed to focus on his father's foibles, like his addiction to his phone and his frequent trips to Starbucks. I thought those parts were unfair, but the window into his strange, spiritual/rock star world was one I couldn't forget.

My favorite parts of this book were similar to that documentary. I loved learning about Gotham and Deepak's close friendship with Michael Jackson. The best part was when Gotham brought his pup, Cleo, to meet the mega-star. It's very surreal.

I also liked learning about how Deepak's family handles his active mind and constant spiritual seeking. Gotham describes being his father's "guinea pig" for different experiments from meditation to yoga to spoon-bending.

Gotham's non-traditional upbringing gave him a quirky lens through which he views the world. It also has made him a master meditator.

Recommended for dog lovers and those curious about what goes on behind the scenes of Deepak Chopra's life. If you can't stand books that skip from one topic to another, you may want to choose a different read.

Ann Libra says

This was just beautiful!!! Son Gotham writes about his meanderings through life with his famous father as they walk the dog, and in the process, his father awakens to an understanding and appreciation of dogs, children, and his own grandchildren. A beautiful rendition of a man discovering his heart after spending his entire life in his head.

Well written, humorous, and the audio version is recorded by Gotham.

Bruna Mikami says

My friend gave me this book because he knows how much I love dogs. I thought it was meant to teach us about the dog behaviour, their lessons for us, what can we learn having dogs, etc. But it turned out being a journey of the Chopras' life and philosophy. It's not a bad book, but as it is not what I expected, I never finished it. But if the person likes, it can be quite interesting because of the moral issues.

Natalie says

This is one of the best books I have read in a long time. I absolutely loved it. I was so touched by so many pieces of insight throughout the book that I often found tears in my eyes. It rates up there with Eat, Pray, Love. I highly recommend it.

Patrick Hanlon says

I was expecting a dog about walking more so than dogs but despite that surprise I was not disappointed. It is a pleasant read, perhaps a serendipitous reminder that it's the Year of the Dog.

The younger Chopra offers a memoir of his relationship with the dog he and his wife have had together for about a dozen years and an eventful summer in his family's life. Apart from unexpected insights about his father and the surprises he reveals about the normalcy of a guru's son, the book is a paean to the long-standing relationship between dogs and their human companions. If you are pondering getting a dog, this will push you back to the kennels or the dog shelters. If you are skittish about it because of the tearjerker ending other books land on, you should be okay with this.

Chelsea Breher says

I listened to this as an audio book, it was an alright book however I had found it underwhelming and had a hard time paying attention.

Cassandra Hawkins says

Yesterday, I signed up for a library card in Madison County. That was long overdue. I really don't know why it has taken me so long to go to the library. I also picked up my first audiobook, "Cinnamon Kiss," written by Walter Mosley.

I finished my first audiobook today. The name of the book was "Walking Wisdom," written by Gotham Chopra. He is the son of a "guru," Deepak Chopra. I did not know this before checking out the audiobook and downloading the audiobook from the Madison County Library. Yet, I am really glad I read the book.

Listening throughout my day, during two workouts, running errands, unpacking at my apartment, and cleaning my apartment, I have developed a new found love for audiobooks. My mind was focused on listening and the second task at hand. I was no longer thinking of all I could be doing or the problems I have going on. Amazingly, I did not wake up with a headache/migraine. I enjoyed fully my day.

Now back to the book...

Based on the relationship dogs have with humans and other dogs, this books sheds light on many profound lessons. This book was really interesting and almost made me want to consider owning a dog in my house. Mark my words...ALMOST considered. I know my children would probably be elated, but I don't see that happening anytime soon. Yet, I did learn that caressing and stroking a dog reduces your blood pressure. I found that extremely interesting. The lessons learned from the two family dogs are really profound. Applying life lessons like being please with just loving instead of being the one loved leaves an everlasting imprint on how you view your own life.

I was really intrigued by the examples and the rawness the author displayed in the various images, describing the two family pets and the family interactions. for a clearer understanding. I truly appreciated the emphasis and the importance of family in this book. Even though he did not follow the similar path of his father, Deepak, his writing has a flow similar to what I would expect from his father. I picked up "The Path to Love" by Deepak Chopra to get a clearer understanding of who his father is and his philosophy. I also followed his father on twitter.

This book is definitely a must read for pet owners, particularly dog lovers. They will truly be intrigued by this book, as well as appreciate their pets even more.

Amy says

I seem to be in the minority in my opinion of this book, but I think I expected something bigger and more substantive than I got from this book experience. There were brief moments of wisdom that resonated with me, but overall it felt like a book that existed because of the cache of the author's family name, rather than a book with true merit of it's own. Thinking that perhaps I read the book too quickly, I additionally listened to it on audio, but to my horror, the book was WORSE when read by the author. He read his work in flat, monotonous, arrhythmic manner that was completely off-putting. The attempts at jokes and one-liners were delivered in rushed voice, with no sense of timing or appreciation for pause that comes at the end of

thoughts, sentences, etc. I'm really disappointed.

Samantha says

Gotham Chopra shares his insights and wisdoms that he's uncovered while sharing quality time with his young son, small dog, and spiritual guru father, Deepak Chopra. Appropriately titled, the audiobook was the perfect companion to my daily walks with my dog.

Susan says

I just recently had the joyful experience of a walking buddy ... my daughter's 1-year old Samoyed came to visit and our daily walks (especially first thing in the morning) became a ritual that I wanted to continue even after our 2 week visit came to an end. But how was I going to stay motivated each morning? Then along came this wonderful book and the audio version proved to be a most wonderful morning walking companion. The author's anecdotes about his dogs, and his family, and his dogs being family well how could I not look forward to continuing my morning walking ritual with my earphones on. This book would be a great read as well, but I somehow can't help but wonder about the title "Walking Wisdom" Is it because of the wisdom we gain while walking (and contemplating)? The wisdom we gain when walking (and watching) our dogs? The wisdom the author has gained from his dog walks and now shares with his readers/listeners? Some wisdom the author chose to share with an audience (who just happen to be walking while listening to his audiobook)? All of the above? All I know is I loved every minute of this book. His philosophical, spiritual, everyday family and dog-loving insights really resonated with me. AND, I am now hooked on morning walks with audio books.... bonus.

Granny says

Enjoyable book especially parts about the dogs... would have been more enjoyable without the swearing, which wasn't even all that bad, (occasional "sh_t" thrown in), until the very end when he throws in the whole "F" bomb while quoting another person. I don't understand what the purpose of doing that is. I had invested all this time to read his book, and at the very end he spoils it all. He had used the term "F-ing" a couple of times through the book, which I can get through, but why throw in the stark, crass, full "F" bomb at the very end. Was he trying to give his book an "R" rating? For what purpose... shock value? Why stoop to the level of illiterates and uncouth people by using the language of the gutter. I had higher hopes for the son of a man considered to be a spiritual guru. But, then I found in reading this that Deepak Chopra and his son, Gotham, are just ordinary people. Nothing so really special about either of them, except they have figured out how to make a ton of money by writing books about their philosophies. They put their pants on the same way as the rest of us. He has a charming biographical sketch of his family, their cute dogs, and insights into growing up with his famous dad and extended family, and then ruins it all with bad language. Such a shame.

Amy says

Such a sweet memoir. A fun mix of family, Indian culture and dogs! Like my daughter said, "Mom! That book was made for you!" Yup.

Elly Sands says

I found this book in the remainder section of a local bookstore. I like Deepak Chopra. I like his scientific approach to spirituality. I like his son Gotham who wrote this book and his open, honest and humorous way of talking. The relationship between father and son is interesting to read about. Gotham's dog "Cleo" seemed to be the real guru in everyone's life. This is a good look at a very close family. I wish this book was more popular because it has many important and valid things to say.
