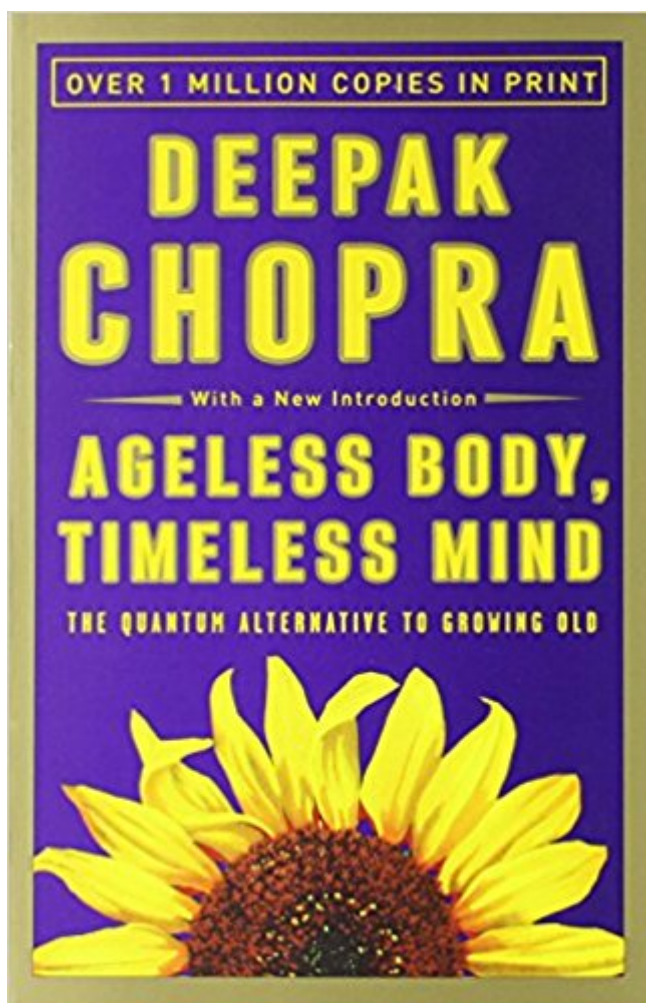


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# Ageless Body, Timeless Mind: The Quantum Alternative To Growing Old



## Synopsis

There is nothing inevitable about aging--that is the inspiring message from Dr. Deepak Chopra. "Once again Dr. Chopra presents us with information that can help us live long, healthy lives. For all those interested in a long, full life, this book is a valuable resource."--Bernie Siegel, M.D., author of *Love, Medicine and Miracles* Over 1.5 million copies sold. National bestseller. Line drawings.

## Book Information

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## Customer Reviews

Chopra ( *Quantum Healing* ) is one of our perennial gurus, appealing to millions but offering them a suspect brew of panacea and escapism. The message of his new book? "We are not victims of aging, sickness, and death. These are part of the scenery, not of the seer, who is immune to any form of change. This seer is the spirit, the expression of eternal being." The basis for his belief, Chopra argues, is quantum physics and the work of such scientists as Heisenberg, Bohr and Einstein, with whose help Chopra proposes to tell us how to stave off the inevitable changes brought on by mortality and the passing of years. He advises us on how to "defeat entropy," to "believe" enough to offer palpable resistance to processes of physical alteration, and to "reinterpret your body" such that renewal will come of it. He himself believes in "a land where no one is old," and where "we create our bodies as we create the experience of our world." He is also a proponent of "the science of longevity," and cites research by doctors (sometimes nameless) to back himself up when expounding upon it. But alert readers will finish the book with unsettling questions, the result of a book that is rife with inspirational conviction but at times thin on substance. 150,000 first printing; major ad/promo; author tour; BOMC and QPB selection. Copyright 1993 Reed Business

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Chopra, a proponent of the Indian Maharishi Ayurveda system of healing, has written a book that combines philosophy, biology, and modern health research in an attempt to convince the reader that the effects of aging are largely preventable. Since the practical suggestions are mixed in with theory, case studies, and rather complicated biological data, the book sometimes rambles and seems disorganized. Several of the recommendations about diet and exercise contradict each other. Followers of Chopra will demand this book. For libraries that have the author's previous books ( Perfect Health , LJ 6/1/90) and large alternative medicine collections. Previewed in Prepub Alert, LJ 3/1/93.- Natalie Kupferberg, Montana State Univ. Lib., BozemanCopyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I first hit upon the 3-CD audio recording of this book, was very impressed by the depth of content, and ordered the text for a less-hurried encounter. When the book was first published, Chopra was on the cutting edge of blending traditional medicine with new advances in quantum physics. Even though the years have passed, the wisdom of Chopra remains untainted or diminished by current medical thought and practice. He provides helpful exercises throughout--some very challenging but always productive--and wisely recaps key ideas. He affords the reader freedom of choice, never dictatorial, but also reveals and explains why the human population is in such desperate condition due to poor diet, lack of physical exercise, spiritual numbness, etc. The reading level is comfortable for most adults, and the benefits to your advance through the years is priceless.

In this wonderful book (a must!), Deepak Chopra explains in a very understandable way and from A to Z, the difference between growing old and growing sick, being the last one, the accepted condition in our Western cultures for anyone over 45 years old, but amazingly, this does not have to be... it's actually a matter of awareness! biological age depends on psychological age he says, implying that knowledge of true nature is essential to overcome the fear and sorrow feelings that are really responsible for our cells' inability at a certain point of age (beginning at around 30 years old) to rejuvenate themselves; "the habit of fear has sunk so deep that the body remembers to carry it out, even when the mind is resisting with all its might".We are not these bodies, but the thoughts that create it and those ones come from the Field... and it is right here where this book grows interesting; unity is what we should always aim for. Our physical world and our inner world (quantum) are closely related, forming the unity that gives consistency to the world we perceive, but

perception is reality and ours is conditioned to think we are trapped in time and space so, we grow old and die because we expect that. We interpret that as the end, while it is really transformation. The moment we understand that the nature of our awareness is timeless, this process of growing old can stop and even reverse. It's our unique capacity of consciousness among all living creatures, which gives us this possibility. After reading this book, I can also see, that in a couple hundred years from now, many aspects of our Western, modern medicine, will be seen as not very different to that from the middle ages in our eyes today... a wonderful read that will give you a completely different view of life, death, health, sickness, aging, healing and eternity. A tool, more than a book.

And still makes sense! I have read a few of Deepak's books, and finally have come out with a belief that he is talking out of his league in some of his later books (on happiness and realization etc). But this book is a classic. Deepak Chopra was a trained MD/Doctor in the east coast before taking on Ayurveda and spirituality as full time job! This is one book where he combines his medical knowledge and spiritual knowledge in right doses and makes a good sense out of that. He manages to capture the Indian spirituality (behind all the rituals and religions of India), and makes it easy to understand. Placing spiritual knowledge on a scientific foundation/facts in this book is what is appealing to me. In all a great read and a few points to take away (for changing your lifestyle for the better).

I read this when it first came out and really enjoyed it. I bought it again this weekend and had it shipped as a gift to a friend. I'm pulling out my old copy and going to read it again. Interesting perspective on aging. I especially like the section on how to deal with stress. Note: Be careful when you order as a gift. shipped it without the enclosed gift/note card and the book was dusty. Luckily, my friend was very understanding.

Purchased this as a gift for my mom. She enjoyed it. She refers back to it often.

This book is absolutely out of this world!!! I wish I had bought and read it in 1993 when it was published first. Of late I have been reading and practicing so much philosophy that the ideas of true enlightenment and immortality of soul, had taken deep root in me. I wanted to expand my knowledge further and so I picked up this book! Needless to say, I was impressed from the very first line I read!! An understanding of true enlightenment, and some rudimentary knowledge of quantum physics (that I got from another great book, "Biocentrism", by Dr. Robert Lanza) helped me in

understanding what the author was trying to convey. Everything Dr. Chopra has written and explained made perfect sense. I would recommend the combination of "Biocentrism", and "Ageless Body Timeless Mind" as the complete prescription to understanding the essence of true self, that is the same as consciousness, and living a complete life. I have talked to many of my friends about his book. Whenever I found someone was inspired by these ideas, I have promptly gifted him or her a copy of this book with my complements! This purchase today is my fifth one in the last three months, again as a gift for a very dear lady friend, who has just turned 99, and still maintains her brilliant mind. I consider her an embodiment of Ageless Body Timeless Mind! She said she is going to read it and try to find identity of those ideas in the path of her own life.

Lots of good ideas and ways of seeing things to help us remember that we are not the grandmas that our grandmas were, God bless them. We are still working, often in many different interesting careers. And there are things we can do regarding our diet and exercise plus supplements that make us feel and look better! We are the way we thing we are!

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