



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

By Deepak Chopra Md

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**Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old** By Deepak Chopra Md

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.

*From the Trade Paperback edition.*

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### Editorial Review

From Publishers Weekly

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.

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From Library Journal

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., Bozeman*

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From Kirkus Reviews

You can live to be a hundred and enjoy each of those years as a fully functioning person--or so says Chopra (*Unconditional Life*, 1991, etc.) in this challenging work. An intriguing set of Census Bureau statistics cited here notes that the number of centenarians is twice what it was ten years ago--and is expected to double again by the millennium. Prolonging fruitful lives is not a question of mind over matter, Chopra contends, but, rather, of mind and matter--mind and body--together at one with the universe. It's often hard for pragmatic Westerners to deal with this kind of mind/spirit/body talk, but Chopra has a talent for anchoring the ephemeral in what's generally considered reality, and for leading spiritual novices through the swamps of such concepts as awareness, detachment, and self without resorting overly to New Age slang. In discussing how awareness--or lack of it--affects the physical symptoms of aging, for instance, Chopra builds an authoritative base using research from Harvard, Duke, and Stanford that shows that mental, social, and intellectual activity can keep people vital and alert as they age. But because many of us have poor models for aging, we accept the idea that getting old means pain, intellectual decay, and inactivity. Bringing attention or awareness to areas of discomfort is the first step to changing problems, Chopra argues, offering a step-by-step routine to make one or more of those changes. Along with reflections on such provocative concepts as cellular memory and "metabolizing time," the author also tackles the positive aspects of aging--creativity and wisdom--and the value of those old standbys, diet and exercise. A separate chapter examines, not

altogether satisfactorily, India's traditional medical system of Ayurveda. A guide to longevity that's also a thoughtful and sometimes inspiring reflection on our remarkable place in the cosmic scheme of things. --  
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#### **Lisa Knight:**

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each e-book has different aim or perhaps goal; it means that guide has different type. Some people truly feel enjoy to spend their a chance to read a book. They may be reading whatever they get because their hobby is usually reading a book. Think about the person who don't like reading through a book? Sometime, individual feel need book when they found difficult problem as well as exercise. Well, probably you will require this Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old.

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