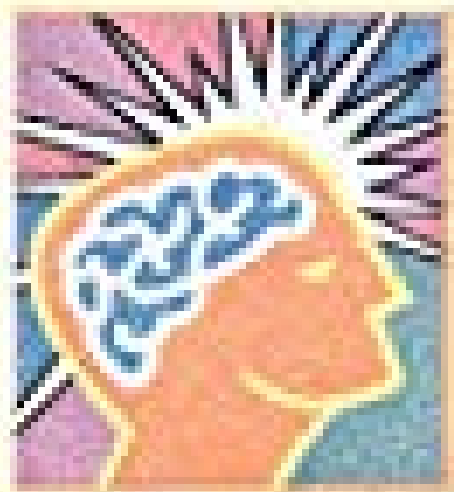


Special Audio  
Commentary

# AGELESS BODY,



# TIMELESS MIND

DEEPAK  
CHOPRA, M.D.

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*Dr. Deepak Chopra and*  
**Ageless Body, Timeless Mind**



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Ten new assumptions to help you see your globe in a more exciting way." It's a vintage saying. Deepak Chopra explores the knowledge of health insurance and aging... The even more we understand about the power of the human brain and spirit to generate the life - and the globe - we have confidence in - the even more we discover how truly amazing the truth is. Yet research after research confirms that people can transform their bodies making use of their beliefs. actually the researchers who are starting to discover how accurate it truly is have trouble believing their own findings. In Ageless Body, Timeless Mind, Dr. But few people would consider it significantly. He discusses with you exciting new discoveries in science, true-lifestyle accounts from his years of medical practice, philosophy from great literatures and religions of the world, quantum physics - all interpreted with his boundless wisdom and good sense. It explodes the myth of the "wear-and-tear" theory of ageing and extols the amazing capacity for the human body to renew itself minute by minute and to actually enhance the more it really is used. Dr. How your biological age group is affected by your reactions to the events of your life. In this program, you'll find the tools to regulate how you age and release your body's beautiful, healthful potential. You'll develop brand-new assumptions about yourself that may dramatically enhance the way you imagine and feel about your body as well as your health, including: How to develop your consciousness, the all-important, first rung on the ladder toward positive transformation."You are only as previous as you imagine you are. Making the seven qualities of highly creative people work for you. Chopra teaches that "today is the youth of your old age" and will be offering practical steps you can take today to make a positive outcome 30 or 40 years in the future - to really change the way the body metabolizes time.



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Ageless Body, Timeless Mind I 1st hit upon the 3-CD sound recording of the book, was very impressed by the depth of content, and ordered the text for a less-hurried encounter. Placing spiritual knowledge on a scientific basis/facts in this book is what is attractive to me. Amazon shipped it minus the enclosed gift/take note card and the book was dusty. Rating: 5 Stars. Our physical globe and our inner world (quantum) are closely related, forming the unity that gives consistency to the globe we perceive, but perception is normally reality and ours is definitely conditioned to believe we are trapped with time and space so, we grow old and die because we anticipate that. The reading level is normally comfy for most adults, and the huge benefits to your advance through the years is priceless. A fascinating and thoughtfully written reserve for anyone who is wishes to live a complete and happy life. As a senior with several medical issues I am often seeking ways to keep healthy and well. When I saw this hardcover publication (Ageless Body timeless mind by Deepak Chopra M.D. 342 web pages) on Amazon for a discount price I decided to purchase it. Not merely may be the reading inspiring, the music is definitely lovely, though limited. What the author emphasizes is really not new, however the way he presents the material makes this essential read for anyone thinking about improving themselves actually, mentally and spiritually.. I suspect the writer may have been youthful when he wrote this book because most people when they are young think they'll never grow aged and can live forever. As somebody who lives in a retirement community I am faced with the true reality of aging each day. Five Stars Great book. To understand your immortal nature. Who knows? Human kind may discover the elixir of youth some time? For this reason I gave this publication five celebrities. This book is organized into five parts and covers the following material: the land where no one is old, aging and awareness, defeating entropy, the science of longevity, and breaking the spell of mortality. Even though I think this book makes some valid factors about aging; however, until we figure out how to turn off the maturing gene in our bodies we will continue steadily to age, some faster plus some slower depending on one's medical problems. He provides useful exercises throughout--some very challenging but often productive--and wisely recaps essential ideas. Joseph J. Truncale (Writer: Chair/Seated Tai Chi, Qigong and Yoga for seniors and the actually challenged). In any case, I came across this book to be a great read with some exceptional advice on how to deal with the procedure of aging. Unfortunately, the author provides impression in this book that you could somehow defeat father time by just becoming more positive and carrying out a healthy lifestyle.. In this wonderful reserve (essential!), 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 yrs . old, but amazingly, this does not have to be.!. Note: Be careful when you purchase as something special. biological age depends on psychological age he says, implying that knowledge of true nature is essential to overcome worries and sorrow feelings that are really responsible for our cells' inability at a particular point of age (beginning at around 30 years old) to rejuvenate themselves; I've read some of Deepak's books, and lastly have recently come out with a belief that he is talking out of his little league in some of his later books (on happiness and realization etc). We are not these bodies, however the thoughts that induce it and those ones come from the Field... It had been simple, undiscovered and unadulterated Chopra. unity is might know about always aim for. He affords the reader independence of choice, hardly ever dictatorial, but also reveals and explains why the population can be in such desperate condition due to poor diet, insufficient physical exercise, spiritual numbness, etc. We interpret that as the end, while it is really transformation. The moment we understand that the type of our awareness is timeless, this process of ageing can stop and also reverse. It's our unique capacity of awareness among all living creatures, which gives us this possibility. After scanning this book, I can also see, that in a couple hundred years from now, many areas of our Western, modern medicine, will be observed as not very dissimilar to that from the middle ages inside our eyes today.. I heartily recommend it to you. a wonderful read which will give you a very different view of lifestyle, death, wellness, sickness, aging, healing and eternity. In every a great read and a few points to take away (for changing your life style for the better). I

didn't make it to the end of first chapter. And still is practical! "the habit of dread has sunk therefore deep that the body remembers to transport it out, even though the mind is normally resisting with all its might". But this reserve is a classic. Deepak Chopra was a tuned MD/Doctor in the east coast before dealing with Ayurveda and spirituality as full time job! That is one book where he combines his medical understanding and spiritual understanding in right doses and makes an excellent sense out of this. He manages to fully capture the Indian spirituality (behind all the rituals and religions of India), and makes it easy to understand. When the book was first released, Chopra was on the cutting edge of blending traditional medication with new developments in quantum physics. An instrument, greater than a book. Bought in 1993 and am re-reading it now I browse this when it first came out and really enjoyed it. I bought it again this weekend and had it shipped as something special to a friend. I'm pulling out my previous copy and going to read it once again. I only regret that I did not buy it sooner. I specifically like the section on how to deal with tension. It's actually a matter of consciousness! Even though the years have approved, the wisdom of Chopra continues to be untainted or diminished by current medical thought and practice. Luckily, my friend was extremely understanding. The Reader's voice was poor. That voice didn't allow if you ask me finish the book. Essential read! An Excellent reserve that combines spirituality and science! That is why I do not think it is useful evading the facts of reality when it comes to life and aging. The person acquired an accent that made it difficult to understand. Five Stars Wonderful read and probably one of his best. It had been simple. This was one of his first works, and probably one of his best. In fact it is the following where this publication grows interesting; Five Stars The author provides a positive approach to living an extended and healthful life, Slow your aging! This is certainly one look at our aging process, however amazing!! Ageless Body, Timeless Mind--Chopra and Harrison Combine for a Wonderful Experience This really is lovely. Interesting perspective on aging..I just finished reading this text message and found it to end up being well-written and thought provoking.



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