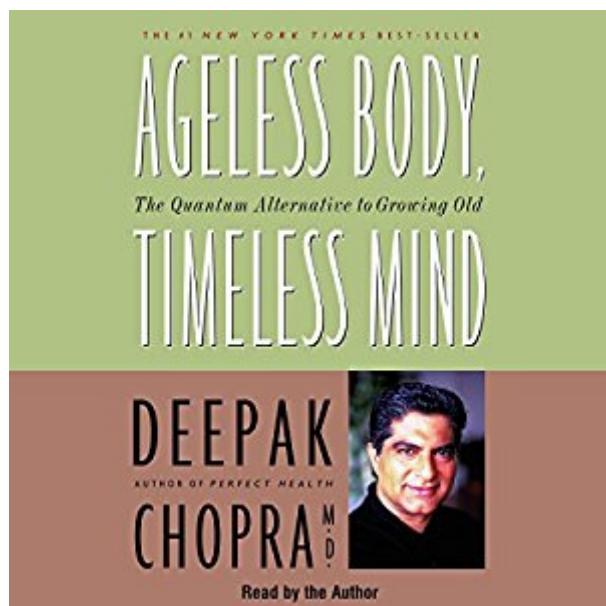


The book was found

# Ageless Body, Timeless Mind



## **Synopsis**

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! 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.

## **Book Information**

Audible Audio Edition

Listening Length: 2 hours and 51 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Random House Audio

Audible.com Release Date: June 15, 2012

Language: English

ASIN: B008BTNJ3M

Best Sellers Rank: #284 in Books > Audible Audiobooks > Health, Mind & Body > Health #456 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #983 in Books > Health, Fitness & Dieting > Aging

## **Customer Reviews**

"Ageless Body, Timeless Mind" by Deepak Chopra, M.D. It covers 342 pages over five parts and five chapters. Before I reviewed this book, I pondered over the one-star reviews. Why would anyone degrade this book, I asked, unless they had some new basis in fact that Dr. Chopra was intentionally trying to mislead his readers. In lieu of what the author does at his seminars, it does not have any bearing on what he wrote. I found nothing in this book that "violated the Hippocratic Oath" or was meant to purposely cause harm. Nothing. I, too, noticed that the author lacked bibliographic references, but upon a deeper reading Dr. Chopra clearly embeds his references right in the main text. On pages 245-246, for example, even as early as this book was written (1993, about when new scientific discoveries were being made about the roles and rhythms of neurotransmitters, hormones and genes and how they are involved in the total life process). I also found nothing that "does harm to a patient" or "places an unfair burden" on him or her. The purpose of this book is nothing more than to offer reasonably coherent philosophical advice, tied in with physiological and psychological processes. There is nothing in "Ageless Body" that is malignant. I also did not see one single inference to the author's allegations about "living to be 200 years old," as one reviewer

hastily mentioned. (It really is unhelpful to cite something without a specific location if it mentioned critically; to say anything good leaves more room for generalities). What I did find in this book, in fact, was nothing short of very informative and helpful. So what if it comes off as common sense to some? Does that make the author any less intelligent or unworthy to write about it? No.

[Download to continue reading...](#)

Ageless Body, Timeless Mind The Ageless Body The Mind-Body Code: How the Mind Wounds and Heals the Body Neo Leo: The Ageless Ideas of Leonardo da Vinci Timeless Voices, Timeless Themes: California Edition Copper Level The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Running with the Mind of Meditation: Lessons for Training Body and Mind Body Language: Discover How To Connect, Analyze And Influence People In A Subconscious Level By Understanding Their Nonverbal Communication (Behavior, ... Mind, Mind Power, Brain Hidden Power) ECHOES FROM THE GNOSIS: THE 11 ELEVEN VOLUMES. THE GNOSIS OF THE MIND, THE HYMNS OF HERMES, THE VISION OF ARIDĀfâ US, THE HYMN OF JESUS, MYSTERIES OF MITHRA, ... ETC. (Timeless Wisdom Collection) A Body's Anatomy: Human Body Coloring Book My Body, My Self for Boys: Revised Edition (What's Happening to My Body?) The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) Adventures Beyond the Body: How to Experience Out-of-Body Travel The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World Trail Guide to the Body Flashcards Vol. 2: Muscles of the Body Anatomy: A Regional Atlas of the Human Body (ANATOMY, REGIONAL ATLAS OF THE HUMAN BODY (CLEMENTE)) A Photographer's Guide to Body Language: Harness the power of body language to create stronger, more meaningful portraits and create an experience your clients will rave about

[Dmca](#)