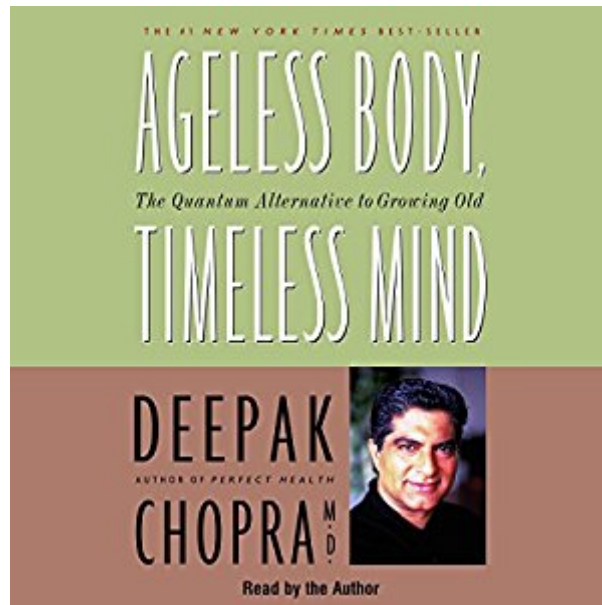


The book was found

# 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

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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.

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