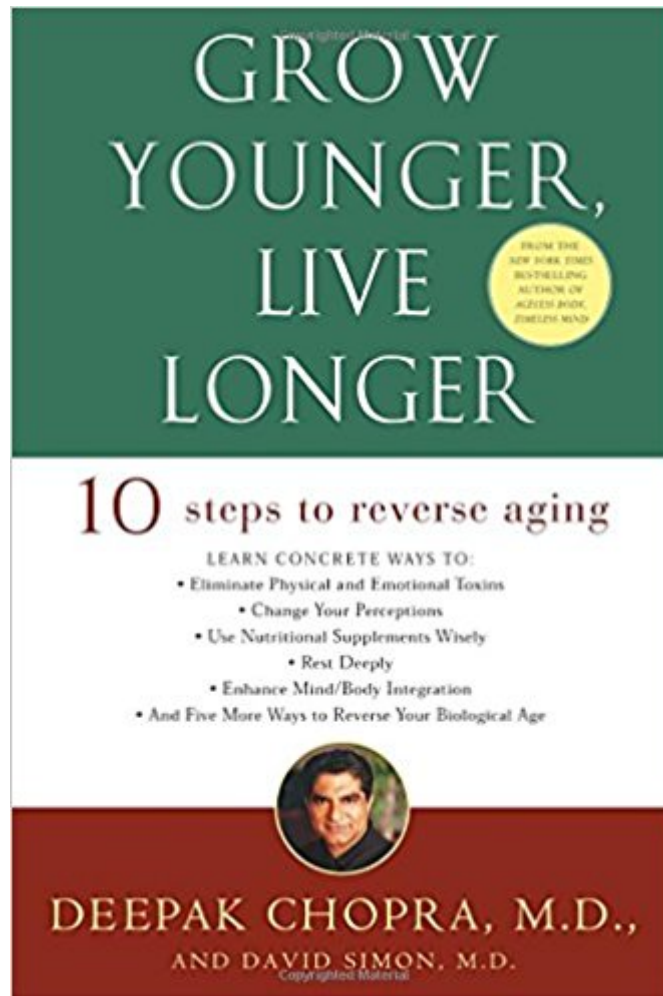




The book was found

Grow Younger, Live Longer: Ten Steps To Reverse Aging



Synopsis

In *Grow Younger, Live Longer*, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Simon, M.D., shows how it is essential to renew all dimensions of the self—the body, mind, and spirit—in order to feel and look younger. The ten-step program detailed in this book will immediately improve your sense of well-being, and the three Daily Actions accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to maintain a youthful mind, cultivate flexibility, strengthen your immune system, nourish your body, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoirs of unlimited energy, creativity, and vitality.

Book Information

Paperback: 304 pages

Publisher: Harmony; Reprint edition (December 24, 2002)

Language: English

ISBN-10: 0609810081

ISBN-13: 978-0609810088

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 42 customer reviews

Best Sellers Rank: #463,408 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Aging > Longevity #35887 in Books > Self-Help

Customer Reviews

Written as an easily accessible plan based on his *Ageless Body, Timeless Mind*, Deepak Chopra's *Grow Younger, Live Longer* presents many of the same quantum-based theories of aging as simply a matter of changing your perception. But here, you'll find the format greatly simplified into 10 short chapters, each with a single focus. Each step is fairly basic and combines visualization and breathing exercises with the behavior modifications we've come to expect when we try to get healthier, such as more exercise, balanced eating, avoidance of toxins, and regular sleep. Clear diagrams are included as necessary, such as with his yoga stretches and breathing exercises, and tables have been provided for a quick glance at some recommendations for vitamins. A handful of internationally inspired vegetarian recipes is tucked in the back and are a fun way to introduce some

unusual flavors to your meals. A regular complaint about Chopra's books is the lack of clear data to back up his claims, and this has not changed. He provides numerous anecdotal accounts of folks ridding themselves of cancer, AIDS, or high blood pressure. For many lay readers, these anecdotes provide enough encouragement to try Chopra's program and improve their outlook on life; medical professionals may just be annoyed. Lack of research aside, it's hard to argue with the suggestions. From "connecting more openly with your coworkers" to "always use sunscreen when you are outdoors" and "drink plenty of fresh water throughout the day," the majority of Chopra's methods seem based in common sense, with his "Quantum Realm" as the seasoning that adds a little exciting flavor to a very basic recipe. --Jill Lightner --This text refers to an out of print or unavailable edition of this title.

Chopra, alternative health guru and founder of the Chopra Center for Well Being in La Jolla, CA, and Simon, the center's medical director and cofounder, present a program to enhance mind/body integration that they contend will help reverse aging. In a previous book, *Ageless Body, Timeless Mind* (LJ 6/15/93), Chopra argued that mental, social, and intellectual activity can help people slow the aging process. *Grow Younger* suggests that readers who follow the advice offered can reset their biological age as much as 15 years lower than their chronological age. The authors outline ten steps: to make changes in how we perceive time, get enough of the right kind of sleep and rest, eat the right kinds of food, take nutritional complements (the authors prefer this term to supplements), enhance mind/body integration, eliminate toxins, cultivate flexibility and creativity, and make love the most important thing in our life. Conscious breath work and meditation are encouraged, exercises for flexibility are illustrated, seven vegetarian menus are provided, and a list of resources and a bibliography round out this book. Although his advice can be unorthodox, this work will be appreciated by Chopra's many readers; recommended for public libraries and specialized collections. Jodith Janes, Cleveland Clinic Foundation Lib. Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Many of the suggestions for growing younger and living longer are for people older than me. I found a lot of the material to be a wonderful reminder about what I already knew about life. But, I also learned a lot of new ideas. It's definitely worth the read but I'm 25 and I found that a lot of it is geared toward those that are close to retiring. If you find yourself stressed out about a lot of things going on in your life, I suggest reading it. It will tell you what you already know but will also give you the tools you need to move forward with a change in your life. Definitely worth buying and referring

back to over the years.

I reviewed this when it first came out. Fabulous book for overall health and spiritual well-being. The chapter on nutritional supplements is out of date now but the rest of the book deals with principles that don't go out of date.

Deepak gives excellent and easy to follow instructions for anyone who wants to reverse the aging process. Initially, I picked-up the cd's from the library and after listening to the 5 cd set I just had to purchase the book. If you want to learn meditation, the necessary and proper exercises, yoga, the right foods to eat, etc. its all in this book. The main focus of all the ten steps presented is focused on Growing Younger, Living a Longer "and Healthy life."

Great book and lots of interesting information that I will use.

The book arrived promptly and in excellent condition. The packaging was excellent and easy to open. The book itself is of a very excellent quality. It is very interesting and has good advice for everyone.

GREAT BOOK JUST AS DESCRIBED

I knew most of it common sense

Well written. Has a lot of good information.

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

Grow Younger, Live Longer: Ten Steps to Reverse Aging Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging

Techniques That Work Book 1) The Perricone Promise: Look Younger, Live Longer in Three Easy Steps Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives [AGING W/GRACE] Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years Younger: A Groundbreaking Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years Younger (Thinner) You Diet:Â How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease Clean Eating: Reverse the Aging Process, Look Years Younger, And Lose Weight With This Best Collections Of Clean Eating Recipes The DHEA Breakthrough: Look Younger, Live Longer, Feel Better The Hormone Diet:Â A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally Anti-Inflammatory Diet: 100 Amazing, Delicious, Healthy, Anti-Inflammatory Recipes!! Recharge Your Body, Stay Younger, Lose Fat and Live Longer By Healing Your Immune System & Restoring Your Health Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, and Save Your Life with a High-Fat, Low-Carb Paleo Diet

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)