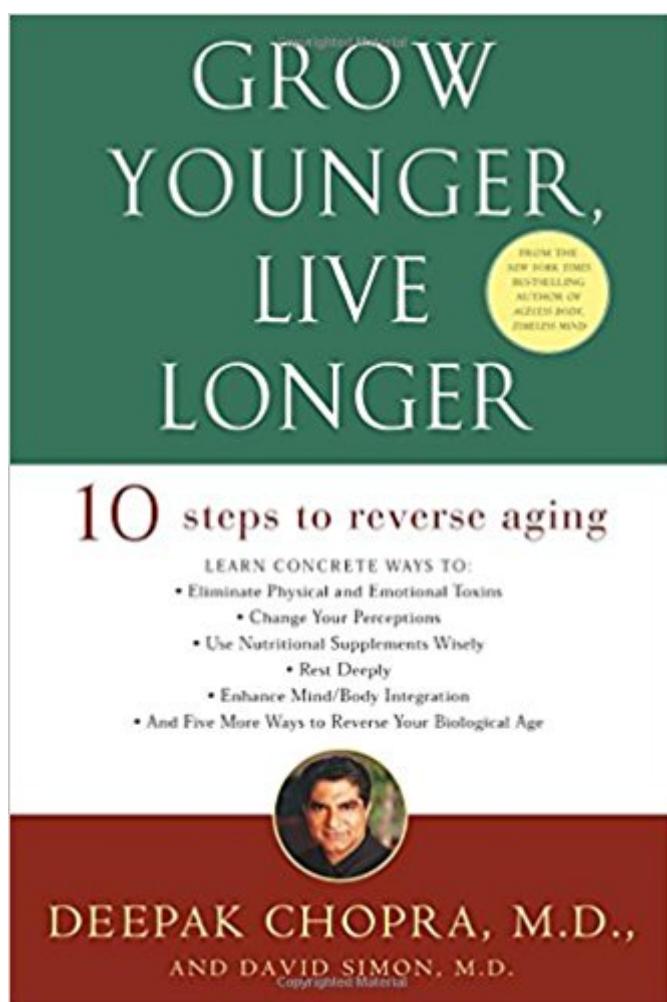


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# Grow Younger, Live Longer: Ten Steps To Reverse Aging



## 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

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## 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 import 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. Judith 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.

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