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## BOOK REVIEW

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### "Ageless Body, Timeless Mind: A Practical Alternative to Growing Old" by Deepak Chopra

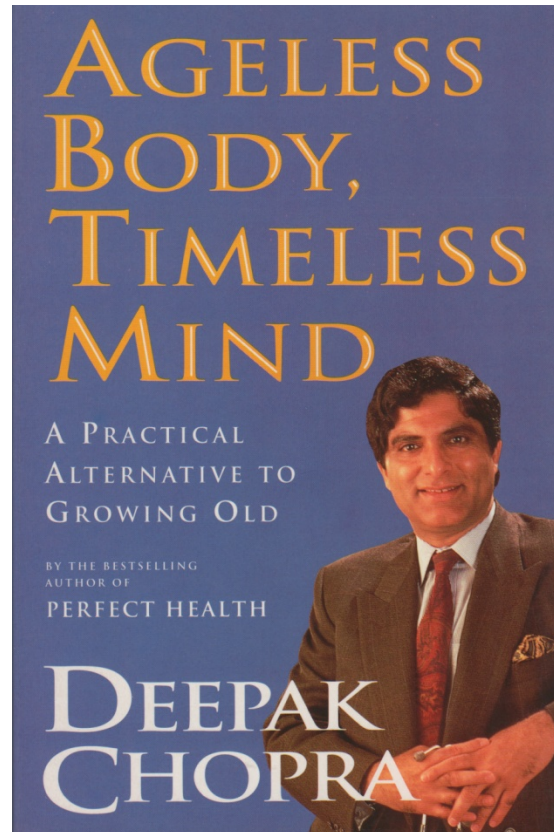
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If you fall under the category of people who worry too much about aging, here's some good news for you; you do not have to grow old! However, this doesn't mean that you will have to die young in order for you to escape old age, not at all. All you have to do is to reduce stress, eat a healthy diet and exercise more. These are not my words, but those of Dr Deepak Chopra in his book *Ageless Body, Timeless mind; The Practical*

*Alternative to Growing Old.* It is an expertly-written book that goes beyond ancient body/mind wisdom and current anti-aging research, to spectacularly demonstrate that we can look and feel young even when we are going through our old-age days.

In this book, Dr Chopra illustrates that contrary to conventional beliefs, we can all learn to direct how our minds and bodies metabolize time and actually succeed in turning around the aging process, thus managing to retain our creativity, memory, vitality and self-esteem. The author recommends a unique program that incorporates dietary changes, exercises and stress reduction. It is a step-by-step, individually customized regime aimed at achieving maximum living in remarkably good health. This is definitely an ideal book for those who are young at heart as it provides them with a noteworthy approach to achieving boundless spiritual and physical potential.

However, in order for you to withstand the test of time, you will need to keep check of what you eat. Make sure that you eat a healthy diet to ensure that your body gets everything that it needs. Keep in mind the saying that goes 'An apple a day keeps the doctor away' or the other saying, 'You are what you eat.' Eat plenty of fruits and drink lots of water everyday. Another saying goes 'All work and no play makes Jack a dull boy'. Therefore, consider your hobbies and other past-times. Indulge yourself in fun activities as it will rejuvenate your spirit. Exercising is a further factor that Dr Chopra strongly recommends. Make sure though, that you workout on a regular basis and it will help you keep fit, stay strong and be amazingly healthy. It is also vital that you avoid stress as much as you can. Noting these factors will help you to stay youthful and jubilant for the many years that you shall last on this earth.

*Ageless Body, Timeless Mind* opens our minds to recognize the great potential that we have in reforming the aging process. It merges logical theory, case studies and a wide range of practical exercises to reveal the inherent intelligence of the mind/body processes, and the extent at which aging and sickness are created by nothing else, but breaches in our self-knowledge. By enhancing our self-knowledge, we can be in a position to master simple yet very effective ways of metabolizing time, thus achieve our unbound potential. Dr Chopra has given an interesting breakdown on the various factors that hasten aging, inclusive of lists and quizzes.

This is a great inspiration book that can help you to approach aging with a positive spirit. It reminds us the importance of eating real food. It also emphasizes the significance of slowing down and reminds us that our thoughts have a very powerful impact on our overall well being. The good Dr also points out that positive thinking is key to great happiness as well as longevity. If you have always had the perception that old age equates to intellectual decay, inactivity or pain, *Ageless Body, Timeless Mind* will definitely help you change your mind.

In this book, the author has tackled the positive aspects of aging. He states that creativity and wisdom comes with aging, thus a stage that we should look forward to, instead of feeling afraid. In short, the author believes that we can live to be a hundred years and be in a position to enjoy each of those years as fully functioning persons. therefore, it is a high time that you abandoned your self pity and started out on this routine that incorporates healthy eating and exercising. With a positive mind, you can be able to remain young at heart and also be physically fit and incredibly healthy. It's not a new message, but it is a powerful message.

(Dr Darryl is a clinical and organizational psychologist as well as a credentialed executive and personal coach. He is also an author, international speaker and university lecturer. Dr Darryl assists people to find their strengths and reach their goals. Further information on Dr Darryl can be accessed from [www.DrDarryl.com](http://www.DrDarryl.com).)