

Ageless Body, Timeless Mind

The Quantum
Alternative to Growing Old

Deepak Chopra, M.D.



Praise for *Ageless Body, Timeless Mind*, the #1 *New York Times* bestseller with over 1 million copies in print, and Deepak Chopra, heralded by *Time* magazine as one of the top 100 heroes and icons of the twentieth century

“A groundbreaking book on the whole question of aging. Who might have imagined that the secret to conquering this universal mystery lies not in our physical bodies, but in our consciousness? Only the genius such as Deepak Chopra. Fascinating.”

—Wayne Dyer, Ph.D.

“Unparalleled genius...Dr. Deepak Chopra shows us how to transform our bodies—and our lives—by destroying the myths of aging and guiding us to the source of our eternal youth.”

—Anthony Robbins

“A breathtaking vision of human potential. If you incorporate the knowledge...it will rejuvenate your body and mind.”

—Ken Blanchard, Ph.D.

“Deepak Chopra has written an important and inspiring book that opens the mind and feeds the spirit.”

—Barbara De Angelis, Ph.D., author of *Secrets About Men Every Woman Should Know*

“Dazzling.”

—*Washington Post*

“Effectively arguing that the body is not an object but a process whose limits are not known, he combines an impressive store of mind/body wisdom with current research showing that the effects of aging are largely preventable. *Ageless Body, Timeless Mind* deserves a long life of its own.”

—*San Francisco Chronicle*

“Ambitiously and patiently, Dr. Chopra connects East/West healing practices into a fascinating, understandable argument.”

—*Houston Chronicle*

“Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research.”

—*Chicago Sun-Times*

“A guide to longevity that’s also a thoughtful and sometimes inspiring reflection on our remarkable place in the cosmic scheme of things.”

—*Kirkus Reviews*

“Brilliant and exhilarating.”

—*London Daily Telegraph*

“In the ’80s the biggest name in healthy words—aside from the cholesterol guys—was Dr. Bernie Siegel, who asserted the power of positive thinking. The heir apparent for the ’90s is Dr. Deepak Chopra, who is busy explaining why it works.”

—*Sunday Sun (Toronto)*

“There is plenty to celebrate in *Ageless Body, Timeless Mind*. In a field already becoming crowded with popular literature, Chopra manages to cover the major subject areas, yet at the same time brings to light unusual research and fresh opinions. He provides a great deal of worthy practical advice, as well as much food for thought in more philosophical arenas. I found the book enjoyable, stimulating, and beneficial, and recommend it heartily, both for those new to the subject, and for those already familiar with the field.”

—Herb Bowie, author of *Forever Alive*

“Dr. Chopra’s writing has great beauty, great power, great delight, and much common sense.”

—Courtney Johnson, author of *Henry James and the Evolution of the Consciousness*

Also by Deepak Chopra

Creating Health
Return of the Rishi
Quantum Healing
Perfect Health
Unconditional Life
Journey into Healing
Creating Affluence
Perfect Weight
Restful Sleep
The Seven Spiritual Laws of Success
The Return of Merlin
Boundless Energy
Perfect Digestion
The Way of the Wizard
Overcoming Addictions
Raid on the Inarticulate
The Path to Love
The Seven Spiritual Laws for Parents
The Love Poems of Rumi (*edited by Deepak Chopra;
translated by Deepak Chopra and Fereydoun Kia*)
Healing the Heart
Everyday Immortality
The Lords of the Light
On the Shores of Eternity
How to Know God
The Soul in Love
The Chopra Center Herbal Handbook
(*with coauthor David Simon*)
Grow Younger, Live Longer
(*with coauthor David Simon*)
The Deeper Wound

The Chopra Center Cookbook
(coauthored by David Simon and Leanne Backer)
The Angel Is Near
The Daughters of Joy
Gold for Enlightenment
Soulmate
The Spontaneous Fulfillment of Desire
Peace Is the Way
The Book of Secrets
Fire in the Heart
The Seven Spiritual Laws of Yoga
(with coauthor David Simon)
Magical Beginnings, Enchanted Lives
(coauthored by David Simon and Vicki Abrams)
Life After Death
Buddha
The Essential How to Know God
The Essential Spontaneous Fulfillment of Desire
The Essential Ageless Body, Timeless Mind
The Third Jesus
Jesus
Reinventing the Body, Resurrecting the Soul
Why Is God Laughing?
The Ultimate Happiness Prescription

Ageless
Body,
Timeless
Mind

The Quantum Alternative to Growing Old

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THREE RIVERS PRESS
NEW YORK

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Published in the United States by Three Rivers Press, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York.

www.crownpublishing.com

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Originally published in hardcover in the United States by Harmony Books, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York, in 1993 and in paperback in the United States by Three Rivers Press, an imprint of the Crown Publishing Group, a Division of Random House, Inc., in 1994. A paperback edition with a new introduction was published in the United States by Three Rivers Press in 1998.

Library of Congress Cataloging-in-Publication Data

Chopra, Deepak.

Ageless body, timeless mind : the quantum alternative to growing old

Deepak Chopra. —2d pbk. ed.

Originally published: New York, Harmony Books, 1993.

1. Longevity. 2. Mind and body. 3. Vitality. 4. Aging. 5. Holistic medicine. I. Title

RA776.75.C48 1994

612.6'8—dc20 94-19236

ISBN 9780517882122

eBook ISBN 9780307510754

v4.1_r2

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About the Author

ACKNOWLEDGMENTS

This book was made possible by the loving support and encouragement of the following people:

The friends who form my staff at Quantum Publications—Roger, Gita, Carol, Mara, Steve, Bob, Joe, Sherryl, and Jimmy. Your genuine caring inspires my work everyday.

My wife and children, whose love is manifested in so many ways but particularly in their unstinting patience and understanding.

My agent, Muriel Nellis, whose sage guidance has shaped every step in my career as a writer.

My editor, Peter Guzzardi—this book was his vision to begin with, and only he knows what ingenuity and patience it took before these pages lived up to his high ideal.

Wayne Dyer, who offered me his devoted friendship and challenged me to new heights.

George Harrison, for his extraordinary love and friendship, and for his generous contribution to the audio version of this book.

And my loving parents, the best examples of graceful aging I have ever known.

Thank you all. I hope this book reflects your best hopes for me and the future of mankind.