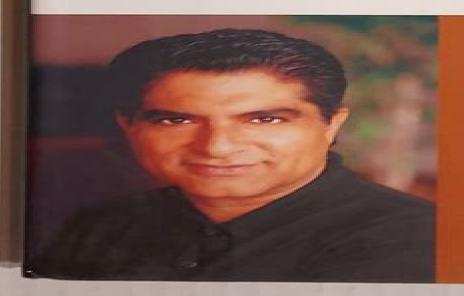
DEEPAK CHOPRA, M.D.

& DAVID SIMON, M.D.

GROW YOUNGER, LIVE LONGER



10

Steps to REVERSE Aging

Grow Younger Live Longer Ten Steps To Reverse Aging

Myriam Prati HHC CNC

Grow Younger Live Longer Ten Steps To Reverse Aging:

Grow Younger, Live Longer Deepak Chopra, David Simon, 2001 Human aging is reversible Grow Younger Live Longer is a complete manual for renewal In these pages you will find a simple practical step by step program for reversing aging At the heart of the book are ten steps each of which is supported by three daily actions Learn how to maintain a youthful mind cultivate flexibility reawaken sexual energy strengthen your immune system nourish your body change your perceptions and enjoy restful awareness and restful sleep By integrating the book s insights and practices into your daily life you will notice immediate improvements in your physical and emotional well being As you begin to reverse your biological age you will find yourself increasingly able to reclaim the gifts of your birthright by tapping into your inner reservoir of unlimited energy creativity vitality and love Grow Younger, Live Longer Deepak Chopra, David Simon, 2003-07 This is a complete manual for renewal by Deepak Chopra and David Simon an expert in Ayurveda the traditional medical system that has its roots in ancient India Here is a simple practical step by step program for reversing aging There are 10 steps each of which is supported by 3 daily actions Learn how to maintain a youthful mind cultivate flexibility reawaken sexual energy strengthen your immune system nourish your body change your perceptions and enjoy restful awareness and restful sleep You will notice immediate improvements in your physical and emotional well being As you begin to reverse your biological age you will find yourself able to tap into your inner reservoir of unlimited energy creativity vitality and love **Grow Younger, Live Longer** Deepak Chopra, M.D., 2007-12-18 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 Grow Younger, Live Longer Deepak Chopra, David Simon, 2001 reservoirs of unlimited energy creativity and vitality Human aging is reversible and this guide shows you how to roll back your biological age so you can feel and perform like you did 15 years ago It is an easily accessible manual for renewal intended to create a shift in perspective that influences every aspect of our mental and physical health Grow Younger, Live Longer: Ten Steps to Reverse Aging, 2012 Human ageing is reversible Scientific research shows that we can literally turn back the markers of getting old including blood pressure muscle strength cholesterol levels and many others Using the tools in this book you can learn specific strategies for melting away those biological years so you can feel perform and look like you did as many as fifteen years ago Grow Younger Live Longer is a complete manual for renewal including a simple programme at the heart of which are ten essential steps If you

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Success is a State of Mind: Building a Foundation for Your Future Les Brown, Deepak Chopra, Mark Victor Hansen,

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