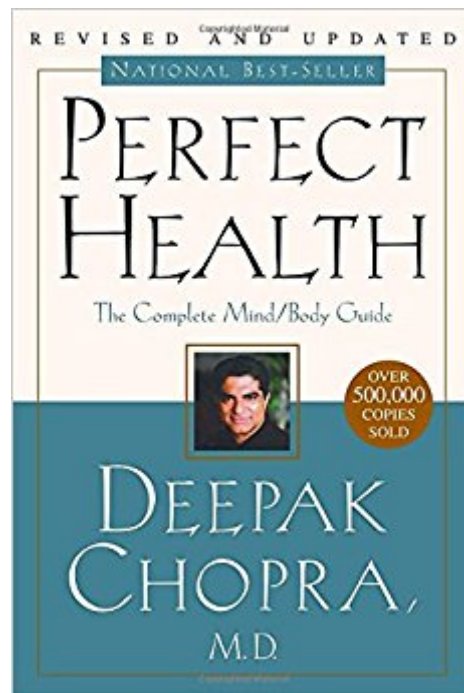




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# **Perfect Health: The Complete Mind/Body Guide, Revised And Updated Edition**



## Synopsis

A decade ago, Deepak Chopra, M.D., wrote *Perfect Health*, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. The book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient India known as Ayurveda ("the knowledge of life span" in Sanskrit). *Perfect Health* went on to describe how to apply the ancient wisdom of Ayurveda to everyday life. In celebration of this classic work we have created this new edition, revised and updated to include the latest medical research. Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body. *Perfect Health* provides a complete step-by-step program of mind body medicine tailored to individual needs. A quiz identifies the reader's mind body type: thin, restless Vata; enterprising, efficient Pitta; tranquil, steady Kapha; or any combination of these three. This body type becomes the basis for a specific Ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. The result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging--in short, for achieving *Perfect Health*.

## Book Information

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## Customer Reviews

"A brilliant and exhilarating book" Sunday Telegraph --This text refers to an out of print or unavailable edition of this title.

A decade ago, Deepak Chopra, M.D., wrote "Perfect Health, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. The book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient India known as Ayurveda ("the knowledge of life span" in Sanskrit). "Perfect Health went on to describe how to apply the ancient wisdom of Ayurveda to everyday life. In celebration of this classic work we have created this new edition, revised and updated to include the latest medical research. Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body. "Perfect Health provides a complete step-by-step program of mind body medicine tailored to individual needs. A quiz identifies the reader's mind body type: thin, restless Vata; enterprising, efficient Pitta; tranquil, steady Kapha; or any combination of these three. This body type becomes the basis for a specific Ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. The result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging--in short, for achieving "Perfect Health.

I enjoy Deepak Chopra's books, but this one came at a good time for me. It's a book focused on Eastern philosophy and how we need to keep the dosha's balanced to create a healthier life for us. I read some of the reviews that said he promotes his center, but I didn't read it that way. I'm still reading it and find it to be very helpful in leading a healthier life through the years to come. If you want to have a life where you take charge of your health/life and not just pop pills and listen to what ailment you have, but want to find the root cause, then you should read this book.

Ayurveda is indeed fascinating. This book merely skims the surface. Am a bit disappointed in its thin glossing over deep material. Will explore Scott Gerson et al. for more info. Sample or just plain skip this one.

One of the top 10 books I have ever read. The explanations are easy to understand, and I was constantly compelled to keep reading. I am now looking forward to reading some of his other books. Definitely worth the money to buy and the time to read. I'll read this book again in a few months, to keep the material fresh in my mind and see what new material my brain can pick up.

This book represents one of Deepak Chopra's earliest works and is his introduction of Maharshi Ayurveda health, healing and medicinal practices to the West. As with most of Chopra's books, the book flows well, and is filled with easy to grasp and understand concepts - at least superficially. As I've also found, there is a fair bit of both promotion of his goods and services, as well as TM and other training that he offers. It's always done in a very subtle and "helpful" way, but it is there in the background nonetheless. The topic itself is a fascinating one, and a great reminder on the need for prevention before cure. Even if you read the book and find the concepts to be hogwash - which is unlikely given the approach Chopra uses to introduce the reader to Ayurveda - the constant reminder that disease can be prevented and that preventative medicine - the emphasis of Eastern medicinal practices - needs to be applied to maintain "Perfect Health". Some of the dietary and exercise practices can be put into place immediately after reading the book, while others will require the assistance of a trained Ayurvedic Doctor. Candidly, with the emphasis on the body type and the need to get this correct for maximum effectiveness, a visit to a practitioner will probably need to accompany any implementation. (However, as I noted above, Chopra does an effective, if subtle, promotion of his products and services, so I may have bought into that influence in the last statement). A decent book, easy read, and if anything, will make you more health conscious and bodily aware.

This book was recommended to me after trying many different diets and medical regimes to no avail. I am excited to put these principles into practice. It helped me to see that some of what I thought was okay for me really is okay for me, that I don't have to stay away from a certain food, for example, just because the latest health fad claims it is unhealthy, when it is healthy for my body type.

Absolutely love this book! It has been a my go to health book for many years. Keep buying more and giving them away. Brings understanding to your personal body type and, using this information, gives practical advice in achieving and maintaining a perfect balance for each body type. Highly recommend this to anyone struggling with balancing life and/or who wants ensure they are doing what is needed to achieve ultimate health.

not as clearly witten as it could be. Explanations of how the dosas relate to each other and your health is not very clear. Otherwise the info flows nicely.

I love this book! Great overall primer on the basics of Ayurveda with tips for lifestyle changes. It is fairly basic, so if you already know a lot about the topic, it may not provide enough detail. For someone like me, who is just learning about this type of healing, it was perfect.

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