



Creating Health: How to attain perfect health and feel ever youthful

Deepak Chopra

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An essential introduction to Deepak Chopra's theory of the healing power of the mind, *Creating Health* is the definitive guide to his philosophy about the mind/body connection. Blending Eastern and Western medical philosophy, Chopra puts together a clear and easy path to follow for perfect physical and emotional health. With influences from Ayurveda, the 6,000-year-old tradition of medicine from India, Chopra uses Western terminology to explain how we can reassess health and disease and shows how, by focusing on self-awareness, compassion and the mind, we can improve our physical well being. In this book, he also introduces the benefits of meditation and creative visualization.

Creating Health: How to attain perfect health and feel ever youthful Details

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Author : Deepak Chopra

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From Reader Review Creating Health: How to attain perfect health and feel ever youthful for online ebook

Julie says

I have just re-read this classic and felt well rewarded for the effort. In the 10 years or so since my original reading, a health condition has arisen and this has enabled me to see where my mental attitudes and habits are playing a contributory role. There are lots of case studies to give you a feel of how we play a part in the creation of our diseases, without the author seeming to judge or make you feel guilty for this and a reminder of what we should be doing is never a bad thing. I will definitely re-read anything else I have by Deepak Chopra and have just bought the Kindle Edition of his latest book, Super Brain: Unleashing The Power of Your Mind, written jointly with Rudolf E Tanzi.

Sherlock Watson says

Intro into the healing power of the mind (but not a how-to)...in the sense of not a driving manual but a treatise on other ways to get around, like there are these things called cars and if you learn how to drive, you can go anywhere kind of thing...mental/spiritual evolution and such...was familiar with most of it. There are a few outdated bits (mostly nutrition/debated now--it came out in the late '80s) but lots of nifty anecdotes! Sort of...evidence of realities synching up with quantum physics.

Lloyd says

I had heard of Deepak Chopra somewhere along the line, but really became aware of his work when seeing some blurbs he'd written about the work of Grant Morrison.

This book wasn't really a part of Mr. Chopra's work that I thought I'd have a great interest in, but I ended up really thinking it was amazing.

On the cover, when seeing Deepak Chopra, M.D., one might think this just another "miracle cure" or fad diet book. What it is is a book that touches upon things we all should do to help reduce the risk factors involved with certain medical issues... then it goes far beyond that to show that the mechanism with the greatest power to heal us is our own mind.

A fantastic beginning (his very first book) to a body of work I'm sure I'm going to learn a lot from.

Kipy Ca says

muy buena información sobre el funcionamiento del cuerpo, considero le falto adentrarse un poco mas en el método, ser un poco mas practico en cuanto al tema de meditación

Stella says

To give credit where it is due this book would have been somewhat revolutionary when released in the 80s. It is a short succinct book on where illness stems from and the author provides examples on psychosomatic link and strategies to improve our health and lives. Informative and clearly written but nothing new (if you haven't heard the benefits of meditation vegetarianism etc etc by now...)

Eva Sharma says

Beyond words Excellent!!

Carolyn Amundson says

Nothing special: meditate, eat whole foods, and don't drink alcohol. I think the only interesting thing to me was the idea that meditation moves you to a deeper place where the universe will have to send you messages.

Nancy Monson says

Most of the information in this book did not seem new or revealing to me, but it was a good reminder to be healthy, be happy, treat your body and your mind well. I enjoyed "Quantum Healing" much more.

MsheArt2 says

I saw Dr Chopra speak in 1987 in a Cambridge hotel lobby, via the transcendental meditation program I loved both his speech and philosophy so I bought his book.

Imo If it doesn't seem revealing or new to some it's maybe that mainstream has tuned into the philosophy found in this and other Ayurveda books .. It's a great book.

Achala says

I picked this up only because I was in a place with nothing else to read. Being the first book he wrote, it is nothing but a precursor to everything else he has written since. Having read his other books earlier, I ended up flipping through most of the book because there was nothing I hadn't read before. Also, this is a purely theoretical work, even though he talks about Transcendental Meditation and other things, he doesn't elaborate on how to practice them. I'd recommend skipping this one and picking one of his other works, something like 'Perfect Health' would be a better read than this.

Evelynn Morrigan says

Muda toda a nossa maneira de ver a vida, a nossa vida, a saúde e os próprios pensamentos.

Mohanad says

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Saurabh.s.verma says

biochemistry of mind and body

Carolyn says

Chopra writes so clearly about complex subjects. Much of the book - and what I found best about it - is not a prescription for good health but an explanation of how the mind and body work to create experience. I don't think I've ever read explanations so lucid. Much of what he describes sounds new to him - the book being published in 1987 - I wonder what he has learned in the years since. Must catch up!

ROSALIE says

I will always be reading this book.
