



## **Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being**

*Deepak Chopra , Rudolph E. Tanzi*

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**The authors of the *New York Times* bestseller *Super Brain* present a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity. The leap into "radical well-being" is a promise waiting to be fulfilled.**

"You are not simply the sum total of the genes you were born with," writes Deepak Chopra and Rudy Tanzi. "You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting."

Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book from the bestselling duo behind *Super Brain*, which became a nationwide hit on public television.

For decades medical science has believed that genes determined our biological destiny. Now the new genetics has changed that assumption forever. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they've become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

*From the Hardcover edition.*

## Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Details

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## **From Reader Review Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being for online ebook**

### **Karen says**

I'd like to thank the author for a copy of the book and the chance to review it through the GoodReads First Reads program.

Being a nerdy kinda girl, I really like these types of books. I'm not in the medical field, so I read this purely for my own curiosity. I found it to be informative and interesting. It was easy to read and didn't get bogged down with overly-technical dialogue. While you don't need a M.D. or a P.h.D. to read/understand this book, you do need at least some knowledge of science. Bio 101 and Anatomy/physiology 101 would suffice. The title 'Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being' made it sound like you could turn yourself into a real X-Men simply by reading this book and willing it into being. If your expecting some new information on how to change yourself into a super human, you looking in the wrong place. Most of the stuff in this book isn't a 'new' theory. It's just genetics explained really well. Not everyone has access to this much info, and the authors are sharing it in 'common language' for the everyday person to read.

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### **Burt Md says**

#### **Chopra brings a complex subject into better focus!!!**

The relationship between mind and body is of tremendous interest. Now, Dr. Chopra focuses on an additional source of influence, the environment ( internal and external) , and how health is influences at the level of our tremendously complex genetic material. This tome is focused and scientific yet easy to read and understand. It highlights many aspects in our daily lives which can improve our lives and potentially increase longevity.

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### **Shannon (Mrsreadsbooks) says**

This book contains a great a deal of really interesting information. The book is broken down into 3 parts and each part is then broken down into individual chapters. Part 1 is titled The Science of Transformation and gives the reader an introduction to what the book is about and basic information about DNA and genetics. Part 2 is titles Lifestyle Choice for Radical Well-Being and includes chapters on diet, stress, exercise, meditations, sleep and emotions. Part 3 is titled Guiding Your Own Evolution and gives the reader more steps towards well-being, as well as information on cells. I personally liked Part 2, the section on how to make positive changes in your life. A lot of the information provided are things I already do, such as eating a vegetarian diet and exercising. I also like how these chapters are broken down because they are really reader friendly. For example, the chapter on diet has a section on how to reduce inflammation. There are then 3 lists of things you can do to reduce inflammation labeled, Easy Choices, Harder Choices and Experimental Choices. A lot of books like this tend to be very strict and don't give the reader any options regarding making healthy changes to their lifestyle. I really liked this book because it gives you the opportunity to look through this list and pick one or two things if you aren't ready to make a huge change yet. There is a great deal of

information about diet and exercise, as well as being emotional healthy.

Although this book does incorporate information about genetics, DNA and cells, it also gives the reader a great deal of information and ideas to start changing their lifestyle towards a healthy one. I really enjoyed the author's approach, as I stated in the last chapter and found this to be a very interesting and helpful book. Thank you to the publishers for sending me a review copy of this book.

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### **Carolyn Pina says**

I need only one word to describe Super Genes. Here it is: FASCINATING!

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### **Venky says**

Following the blockbuster success of their earlier book 'Super Brains', Deepak Chopra and Rudolph Tanzi are back again and this time with an even more ambitious venture. Turning on its head one of the most frequently adages, "you are what your genes make you out to be", this spiritualist-medical practitioner duo throw interesting insights on the revolutionary advances in the field of epigenetics which postulate that the genes within us may be altered to mirror our lifestyle pattern, dietary choices, fitness regimen and stress coping mechanism. In other words a potent combination of both nature and nurture will have a significant impact on the genetic behaviour within us and hence such a behaviour may be made more suitable and favorable for the radical well being of man by consciously inculcating healthy habits and practicing spiritual therapy.

The initial part of the book is quite dense with an in-depth analysis of the gene theory in general and the advances in the field of epigenetics in particular. The reader is faced with the unenviable task of ploughing through the marvelous workings of the chromosomes, the binding properties of proteins and the chemicals and hormones that are responsible for inducing pleasure and inciting pain. Even though some concepts such as the Fecal Microbiota Transplant ("FMT") pique the curiosity of the unknowing even if the revolutionary process is to put it mildly, repulsive, most of this section is more of a medical practitioner's delight rather than a layman's guide to a better life.

The second part of the book is the most interesting and inspiring aspect of "Super Genes". This Section provides broad guidelines on traversing the path to leading a radical life. Divided into five segments, each segment proposes three kinds of choices, namely easy; hard and experimental - in a key sphere of everyday life – to be practiced rigorously and diligently. The five key spheres identified are:

- Diet;
- Health;
- Stress;
- Exercise; and
- Mind Stimulation

Super Genes concludes with yet another quasi-technical/spiritual section on mind stimulation and fulfillment. The book has typical shades of Deepak Chopra and his inimitable imprint may be easily discerned in the second half of the book. Although novel in its objective and outlook, "Super Genes" could have been much more enjoyable if the technical content and jargons were to have been kept down to a minimum and basic level. Nonetheless this book definitely serves a purpose that is altruistic and an objective that is holistic.

## Angélique (MapleBooks) says

This book is a mix of science and speculation about genetics.

The first part introduces the latest findings around genetics, mostly about the microbiome--all the bacteria that our body hosts and needs, and their genes--and epigenetics, which taught us that the use of our genes is somewhat regulated by a host of factors, from environment to food to our mindset etc.

The second part was probably the best and the most practical, offering a list of simple habits to form in six different aspects of our life (sleep, diet, exercise, meditation...) to improve our health. There was nothing new in there but it was a good sum up of all the latest recommendations regarding health.

The third part seemed frankly out there. Their theory is that we could direct the expression of our genes by way of epigenetics, and take control of the human genetic evolution. It just sounded like science-fiction with a bad eugenic twist. It didn't seem realistic, nor desirable, nor backed up by much science.

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## Natalie says

1.5 stars. When I read the synopsis about this book I was very interested. The whole idea is great, but the execution was not for me. The book is divided into three parts, and I only read through about 1/2 of the the first part because I was tired of hearing about evolution. It seems the authors were trying to see how many times the word evolution could be used on one page. Now the second part of the book was the best part. It got down to the nitty gritty of what we can actually do to change our lives/ genes for the better. Then the third part went dull again and I skimmed a lot of it. I had never read anything by these authors before and I don't plan on doing so again.

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## Fausto Betances says

Very insightful and illustrating. This is a book written by man successful man of science convinced by the inner power of mindfulness and meditation.

### Takeaways

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**"Human subtlety will never devise an invention more beautiful, more simple or more direct than does nature because in her inventions nothing is lacking, and nothing is superfluous."**

Leonardo da Vinci

In essence, nature is all about feedback loops.

Triangle?

1-Darwinian evolution finds intelligence suspicious and/or unnecessary, including intelligent design

2-Faith finds Darwinian evolution unreal but might accept intelligent design

3-Intelligent design bridges human evolution with the influence of a higher power

**Epigenetics:** the study of genetically in/off switches

### Epigenetic marks

The main evolution triumph is not the brain or the body. It is memory. Memory allows a mother to pass tools to deal with the entire history of human diseases to her offspring through antibodies.

**Six factors that have the most impact in one's epigenome:**

1. Diet
2. Exercise
3. Meditation
4. Stress
5. Sleep
6. Emotions

Inputs for **BENEFICIAL** Gene Activity (12)

1. Meditation
2. Love and Affection
3. Satisfying work
4. Creative Outlets
5. Hobbies
6. Success
7. Being Appreciated
8. Being of Service
9. Healthy Food, Water
10. Having Long Range Goals
11. Physical Fitness
12. Regular Routine, Free of Stress

Inputs for **DETRIMENTAL** Gene Activity (14)

1. Stress
  2. Toxic Relationships
  3. Boring Work
  4. Being Ignored and Taken for Granted
  5. Constant Distraction During the Day
  6. Sedentary Habits
  7. Negative Beliefs, Pessimism
  8. Alcohol, Drugs, Tobacco
  9. Eating When Full
  10. Processed Food/Fast Food
  11. Physical Illness
  12. Anxiety and Worry
  13. Depression
  14. Unhappy Friends
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**Inez says**

There is a valuable message in this book about genes and how our health is not set in concrete, but it is ruined by unethical and unscientific (and vile) experiments on animals. Pretty much what I expect from the 'spiritual' Deepak Chopra.

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## Debbie says

"Super Genes" is a self-help book. The underlying belief system is that evolution is certain and that Vedic and Ayurveda traditions are correct. The authors interpreted various studies and experiences in a way that conformed to their belief system. This is a natural thing to do, but much of Part 1 and Part 3 was speculative. If you don't share their base assumptions, these sections may hold little interest for you.

Part 1. Scientists have gathered a lot of data on epigenetics, but epigenetics is so complex that they're only beginning to understand how it might work. Basically, having a 'breast cancer' gene doesn't necessarily mean you will get that disease. Factors like nutrition, exercise, and stress can determine whether a gene is "switched on" or "switched off."

The rest was confusing, but apparently adaptation can happen through epigenetic markers on our DNA which can be rapidly changed as outside stressors change. These markers can be passed on to offspring but also changed back by those offspring. I suspect most of this section will become outdated as we learn more. They also discussed the microbiome and how the bacteria living in our gut and elsewhere affect our bodies through the compounds they produce.

In Part 2, they discussed some basic changes you can make relating to diet, stress, exercise, meditation, sleep, happiness and fulfillment which will improve your health. I've heard much of this advice before. The authors understood that people resist change, so they gave advice on how to make lasting changes. They also presented their proposed changes in terms of small, easy steps. You make one easy change each week.

In Part 3, the authors proposed a new mechanism for evolution that isn't based on random chance but on "mindful evolution." They made it clear they don't believe in Intelligent Design (which suggests an outside intelligence source), but rather the organism helps to guide its own evolution. They don't explain how adaptation based on epigenetic markers somehow resulted in useful, new DNA (especially considering how complex DNA expression is turning out to be). But their main point seems to be a hope that someday we'll be able to purposefully direct our own evolution.

Frankly, I think the book would have been better as two separate books: one on their speculative ideas from Part 1 & 3 and one with their practical advice from Part 2.

I received this book as a review copy from the publisher.

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## Martha Espinosa says

I rarely finish a book like this, but Super Genes gave me invaluable insight into living a healthier and more mindful life. I highly recommend it if you're looking to make incremental changes without being overwhelmed.

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## Karaline says

I learned so much about myself through reading this book. I highly recommend reading prior to any diet.

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## **James says**

Listened to on CD. Reminded me a little of one of Bruce Lipton's books, lot of overlap. Excellent book on explaining the new field of epigenetics and how you CAN modify your DNA. I'm not talking about some sort of expensive gene therapy administered by a Dr. but meaningful things you can do to modify your genes.

Well worth checking out. What you think you know about your genome is probably mistaken.

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## **Nancy says**

A New Look at Nature, Nurture, Evolution and Your Health

Super Genes tackles some of the biggest questions in life and health. For years there has been an on-going controversy on whether our development is more a product of our genes (nature) or our environment (nurture). This book discusses new genetic research and shows how advances in understanding epigenetics brings the two together. We are a product of our genes, but many factors are involved in their expression. This discussion is the focus of Part One. I thought it was excellent.

Part Two discusses life style adaptations you can make to improve your health. While the suggestions are good, if you follow current nutrition and health advice, this part doesn't present as much new information as Parts One and Three.

Part Three moves from the science of Part One to how consciousness and the mind are involved in the expression of genetic characteristics. This part contains a very interesting discussion of evolution, relating to the specificity of mutations and how they change genes to bring about new characteristics. It moves away from the traditional Darwinian theory of random mutation. I thought this discussion was excellent.

I highly recommend this book if you are interested in health and new research relating to how our health is affected by the life style choices we make.

I received this book from Blogging for Books for this review.

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## **Kathy Zagorski says**

Astonishing? Hardly. Anyone who has been connected and tuned in as of late will wish this book had been titled, "Detox and Positive Thinking for Dummies".

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