



# **The Essential Ageless Body, Timeless Mind: The Essence of the Quantum Alternative to Growing Old (Essential Deepak Chopra)**

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# The Essential Ageless Body, Timeless Mind: The Essence of the Quantum Alternative to Growing Old (Essential Deepak Chopra)

*Deepak Chopra*

**The Essential Ageless Body, Timeless Mind: The Essence of the Quantum Alternative to Growing Old (Essential Deepak Chopra)** Deepak Chopra

I want to convince you that you are much more than your limited body, ego, and personality. In reality, the field of human life is open and unbounded. At its deepest level, your body is ageless, your mind is timeless. Once you identify with that reality, which is consistent with the quantum worldview, aging will fundamentally change.

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