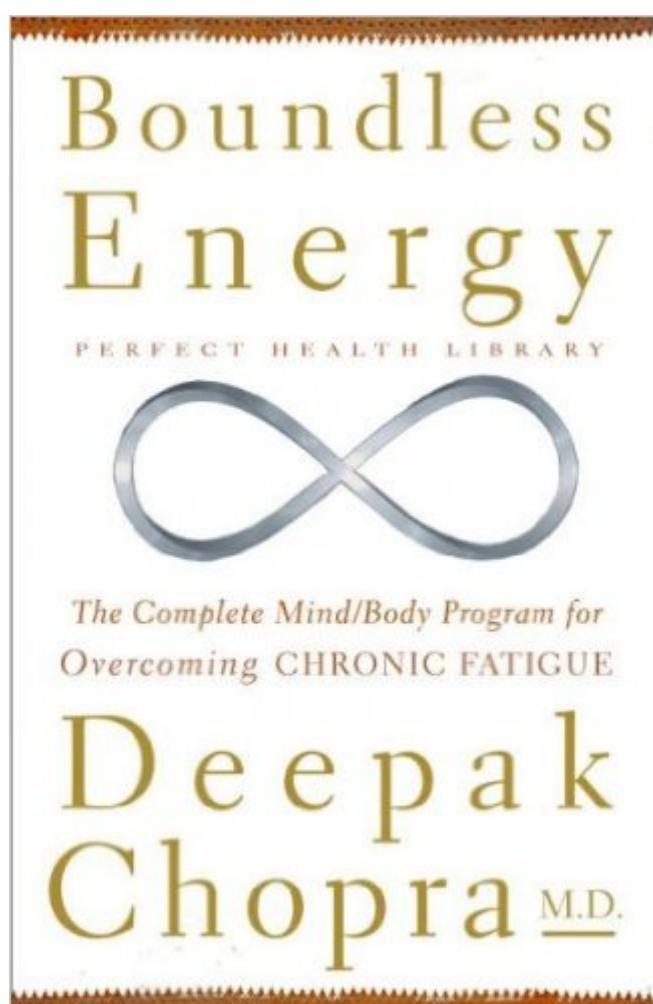


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# Boundless Energy: The Complete Mind/Body Program For Overcoming Chronic Fatigue (Perfect Health Library Series , No 3)



## Synopsis

Dr. Chopra presents an approach to eliminating fatigue and to regaining a sense of energy and vitality that is based upon one's Ayurvedic body type and the correct balance of mind and body. LG Alternate.

## Book Information

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## Customer Reviews

As with all Dr. Chopra's books, I found this one to be extremely easy to read and exceptionally well written. Using the primary idea that "Attention has power", Dr. Chopra asks us to begin using our power by bringing our attention to key issues in our lives - both physical and mental - in order to tap into our natural boundless energy. Although the author touches on the issue of chronic fatigue syndrome, this book is not for individuals suffering from that illness (although many of the principles would certainly benefit them) but rather is for the person without a specific diagnosed condition who remembers fondly a time when they had enough energy to tackle their day and not have to nap on the couch before dinner! The reader begins with an overview of issues surrounding fatigue in our modern world and then takes a dosha quiz to determine their "type" according to Ayurvedic medicine. Having read several books on the subject of the Ayurvedic philosophy, I have to say that this was the best quiz to determine dosha I have seen thus far. Subsequent chapters have various recommendations for specific doshas when applicable. Dr. Chopra centers his text on several "Primary Energy Principles" which are statements emphasizing the connection of the body/mind and

the fact that we derive our energy from the abundant energy resources of nature; lack of energy indicates an imbalance or block in this flow. As with any Ayurvedic resource, the recommendations for overcoming fatigue are incredibly holistic. Beginning with key principles surrounding diet (by dosha) and good digestion, Dr. Chopra also encompasses issues of stress reduction (using breathing meditation, yoga postures, alternate nostril breathing exercises, and self-massage), tapping into the natural rhythms of the day (principles of good sleep, limiting high-focus or stimulating activities after dinner and before bed, getting fresh air and sunshine, getting exercise with recommendations by dosha), and paying attention not only to the health of the physical environment surrounding you but also of your mental and spiritual well-being. I found this last chapter to be particularly profound as I know many people who take to heart a "fitness plan" and never stop to examine why they do not experience passion or joy in their personal pursuits; they have stopped growing as people and the stagnation affects their bodies in profound ways despite their surface "care" of it. If fatigue is an issue for you (is it not an issue for anyone?), this book is a recommended purchase as you will refer to it again and again as you seek to regain health and vitality in your everyday life.

If you have ever thought (like me) that medicine cannot solve everything, and that there are many other natural ways to improve your health, than this book is definitely for you. This book gives tips on how to improve almost every aspect of human physiology -- from digestion to fatigue to happiness. Even if you think you are a generally a healthy person, Chopra will make you better. His advice on sleep patterns was especially useful to me, and has made my life much healthier, happier, and more productive. Best of all, this book contains worksheets you can fill out and easily refer back to. Also, it's a pretty short book (about 125 pages) -- Chopra makes his point, and gets out. He doesn't drown you out with complex medical terms. Buy this book. Seriously, it will help you immensely.

Just wanted to echo the sentiments of the previous reviewer. I appreciated this book for its advice on managing fatigue, but it has nothing to do with managing chronic fatigue syndrome. The title is confusing - perhaps intentionally so, as there are lots of desperate CFIDS sufferers (myself included) who might be attracted to this book because of the title and the reputation of the author. I sampled it at my local library and decided that it would not be a useful addition to my personal collection of CFIDS literature.

Don't listen to this tape for a cure for chronic fatigue, rather as a way to get more energy without medications. If only one of the many tips he suggests gives you more energy, it's worth the money. It has certainly made me more aware of my eating and sleeping habits.

This book is a good, short book with practical advice that is easy to follow if you have a relatively minor problem with fatigue. It is not intended as a work for those with CFIDS and it is not a replacement for seeing a doctor if you have a serious problem. Also, all claims in books such as this should be taken with a grain of salt. This book does not set out to prove the usefulness of the techniques described, but gives anecdotal evidence to suggest how they might help. Give it a try. Or don't. I found it helpful, but that's me. We're all individuals.

Dr Deepak Chopra's handy guide to maximizing one's energy for life, is a valuable resource; with simple strategies to implement in attaining this goal. It's a short, very readable, and most effective program. Much of a person's feeling of fatigue often starts with the mind, and Chopra gives wonderful advice in overcoming that obstacle. He gives valuable advice on how to reduce stress, and in the process, much of our common maladies should disappear. When we feel energized, good things usually happen. We're more productive, more creative, and much more fun to hang out with. Those who haven't read this book, who constantly harp on their travails & in the process, bring everyone around them down, would be well-advised to pick up this wonderful book and follow the instructions carefully. You'll thank the good Doctor later.

I highly recommend this book to anyone who feels fatigued all the time. My favorite chapters were chapter 1: Fatigue, energy, and the quantum mechanical body. Chapter 5: Eliminating fatigue by reducing stress and Chapter 7: Chronic fatigue in today's environment. Why are we so fatigued? It's not like we ran a marathon, or have jet lag because of a trip from Europe, or been denied food and water. This fatigue is from our normal daily activities. The life we have created makes us feel this way, it keeps us emotionally drained. When we spend so much of our time on activities that give us very little satisfaction it sucks the life force out of us. What is the satisfaction level of your daily activities? The life we have created seldom gives us what we truly want or need. To find your true wants and needs another good book is, "It's About You" by E. S. Smith

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