



Think and Grow Young: Powerful Steps to Create a Life of Joy

Ellen Wood

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Why Ellen Wood's Anti-Aging Program Is Unique Spend two minutes in Ellen's company and you'll feel her joie de vivre and marvel at her youthfulness. That's because Ellen is living proof that her "Think and Grow Young" program works! Born on November 18, 1936, Ellen wasn't always like this. After watching her mother waste away with Alzheimer's, Ellen found herself starting on the same path of progressive deterioration. Then in 2004 she "woke up" and began a daily practice using the methods in this book. She has since added others which she shares in her blog on <http://www.howtogrowyounger.com>. Ellen's anti-aging program combines knowledge from leading edge science – including neuroscience and epigenetics – with practices used for centuries to quiet the mind and empower the spirit. Even though Ellen has the dreaded Alzheimer's gene, she knows the mind can turn genes on and off and her daily practices are intended to keep that gene from becoming expressed. In this way she is an effective role model for Baby Boomers who are taking care of parents with dementia and worrying that the same thing might happen to them. Another reason Ellen's program is unique? For her, Growing Young is not a destination. It's not a promise of youthfulness someday in the future. Her program is a journey from the inside out that infuses each day with joy. It's about releasing stress, the number one aging factor, and having inner peace – not by cutting out the noise of life or the challenge of relationships – but instead being in the midst of all that noise and challenge while being in harmony with your heart and spirit. Her program of Grow Young action steps shows you how to use your spiritual power and your mind to experience life with vigor and passion, look great and share joy and love. By growing young, you can be of service and become a role model for the rest of the world. The audio version of "Think and Grow Young" is the GOLD winner of the Nautilus Book Awards in the Audio Books category. Ellen's website is <http://www.howtogrowyounger.com>, where you can sign up for her free gifts. "Think and Grow Young" was previously published as "The Secret Method for Growing Younger."

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