

Vedanta and the Science of Aging

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"Nothing in life is to be feared, only understood." Marie Curie

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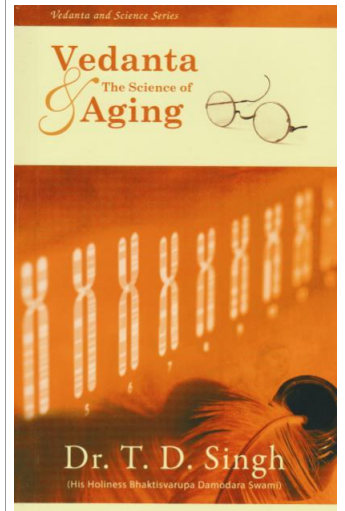
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Readership: Science & Technology Students, Teachers, Faculty members, Medical Doctors and Nurses, Teach yourself Science readers, Teach yourself Vedanta readers, Spiritual seekers

- ◆ Can we reverse the aging process? Yes! Three types of approaches. *Read and experiment!*
- ◆ Astonishing correlations between Ayurveda and Genomics.
- ◆ The life particle: What are its five fundamental qualities? What is it made of? How to study it?
- ◆ The physical, emotional, social and spiritual needs of the aged.
- ◆ What is death?
- ◆ How to help heal, comfort and solace the dying?
- ◆ How to live through the stages of old age and death with optimism?
- ◆ What is the most important duty of a person who is about to die? How to prepare for that?