

HOW TO GROW YOUNGER

21 Daily Age-Reversing Steps to a More Joyful Life

A Book Proposal

by

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OVERVIEW

A revolution is brewing!

Men and women in modern societies around the globe are refusing to grow old the same way their parents did.

Some who can afford it are flocking to anti-aging doctors and cosmetic surgeons, impatient for scientists to complete their research and give them fresh, unlined skin birthed from stem cells; clear, sharp minds unsullied by the threat of Alzheimer's; and brand new organs grown from scratch in test tubes.

Others in this ever-increasing older population are searching for less costly, less invasive ways to reverse aging and live as active, sexy, creative, ungrumpy men and women.

Still others are searching for peace of mind and spiritual transformation to help them through the rapid changes on the planet and bring harmony and joy to their lives, and those on a spiritual path, too, are choosing not to grow old.

Just the words "grow old" conjure up images, passed down from generation to generation, of sexless creatures with bushy things growing out of their ears, painful body parts, fears of changes and losses, and minds that are dull and slow. **That's not who these people see themselves becoming!**

They may have celebrated 40 or 50 or 60 or 70 or more birthdays, and they may be experiencing the slow progression of decline in their bodies and minds, but they can't reconcile that with the 25- or 30-year-old who lives deep inside. **They want someone to show them how the second half of their lives can be as good as or better than the first.**

Then along comes one non-medical author/inspirational speaker heralding a new way to handle the aging process that is cost-free, pain-free, consciousness-expanding and fun. And she offers herself as living proof that this new way works. **Ellen Wood, one of the revolutionary pioneers of age-reversing consciousness, is providing both a map and a model for growing younger in body, mind and spirit.**

Her first book, *THE SECRET METHOD FOR GROWING YOUNGER – A Step-by-Step Anti-Aging Process Using the Law of Attraction to Help You Stop Aging, Grow Younger and Enjoy Life*, written and self-published in 2007, teaches how to examine and then replace beliefs about aging's progressive deterioration of mind and body, and start the process of growing younger using Law of Attraction principles.

Some of the most exciting writers currently addressing health and spiritual wellbeing share Ellen's passion for the programs she has developed. **C. Norman Shealy, MD, PhD**, bestselling author of *Life Beyond 100* among many others, wrote the foreword for *The Secret Method for Growing Younger*. Her book is also endorsed by **Marianne Williamson, Barbara DeAngelis, PhD**, and world-renowned physicians/authors **David Simon, MD**, Medical Director of the Chopra Center for Wellbeing; **Larry Dossey, MD**; **Richard Moss, MD**; and **Mitchell Gibson, MD**; among others.

HOW TO GROW YOUNGER - 21 Daily Age-Reversing Steps to a More Joyful Life picks up where the first book leaves off. This book provides, with humor and ease,

the "action" part of the process of growing younger. The easy-to-follow protocol of body/mind/spirit techniques is designed to become a daily ritual for changing habits and bringing a person ever closer to continual communion with their spirit.

HOW TO GROW YOUNGER combines:

- a realistic sensibility toward physical, sexual and nutritional age-reversing solutions
- an open-minded approach to ancient esoteric teachings
- a deep trust in Spirit and the power of the mind

Ellen has practiced and honed these techniques and at the age of 71, she has experienced results firsthand that make her eager to share this system. Engaging, amusing anecdotes of her personal experiences make this a fascinating read!

You can grow younger as you add years. Even scientists are acknowledging that this can happen. As quantum physicists uncover the nature of reality, their discoveries correspond more and more to ancient spiritual teachings that our thoughts and emotions affect our lives, and that our bodies are not as solid as they appear to be. Amazing new scientific advances are taking place every day in life extension sciences – advances that will wipe out age-related illness and infirmity in 20 or 30 years. **Ellen Wood knows – and has experienced! – that we can reverse aging right now.** This book provides the roadmap to make it happen for readers all over the world.

ABOUT THE AUTHOR

Ellen Wood, born in 1936 in Pottsville Pennsylvania, became interested in metaphysics at age nine when her mother gave her a book by Edgar Cayce to read. This led to a lifelong study of Eastern spirituality and Western psychology and for more than 40 years Ellen has practiced techniques for joyfully integrating mind and spirit. Using the principles of the Law of Attraction, Ellen changed her life around from scarcity and stress to one of abundance, loving relationships and career success.

After her mother wasted away with Alzheimer's Ellen began to *wake up* to the fact that she could apply those same consciousness-based techniques to growing younger. Soon a whole program of body/mind/spirit techniques emerged and Ellen began practicing them daily. Three years later Ellen's results were astounding! She has a clearer, sharper mind and stronger body than before she began her program in 2004, as well as more energy, stamina, flexibility and vitality than she had 30 years before. In addition, she looks far younger than her age.

Ellen decided she had to share the information with others and in 2007 wrote and published *The Secret Method for Growing Younger – A Step-by-Step Anti-Aging Process Using the Law of Attraction to Help You Stop Aging, Grow Younger and Enjoy Life*. This book lays the foundation for starting the process of growing younger by providing methods for examining and replacing beliefs about deterioration of mind and body as an inevitable part of aging. Ellen also began building a platform by giving interactive workshops based on the book to enthusiastic, standing-room-only audiences. She also produced a four-track CD: *Affirmations to Grow Younger*.

The second book in a series, *HOW TO GROW YOUNGER – 21 Daily Age-Reversing Steps to a More Joyful Life*, builds on the foundational methods introduced in *The Secret Method for Growing Younger* and provides a program of practical action steps for growing younger in body, mind and spirit.

Ellen's passion, as both a writer and inspirational speaker, is pioneering a revolution in age-reversing consciousness. During her corporate career as an award-winning marketing and advertising executive, Ellen authored or was featured in more than 30 articles in national magazines and newspapers, and gave numerous talks throughout the country. Ellen is a lively speaker able to educate, entertain and inspire her audiences. She is dedicated to helping others shift into a higher consciousness and revel in the blessings of youthfulness.

WHY ELLEN WOOD?

1. **Never trust a skinny cook.** Ellen has practiced these youthfulness techniques since 2004 so she knows from personal experience that the program works. She shares experience-based advice with readers who don't have the time for trial and error.
2. **Easy, empathetic manner.** None of this is abstract to Ellen. She understands and sympathizes with her readers because she has confronted her own fears around aging. If it doesn't work, she won't include it; conversely, if she knows something is effective, she'll track down all available evidence that supports it – and give a balanced view of any dissenting information.
3. **Connects with baby boomers.** Ellen's life history took her from the traditional role of wife and mother (with some professional modeling thrown in) to a high-powered career as a successful executive. She respects the boomer generation's aim to get what they want, understands – and shares – the drive for self-realization that characterizes the group.
4. **Great coach and cheerleader.** Ellen has the rare knack of being able to encourage readers to try, try, and try again. Where other authors are content to leave readers to motivate themselves, Ellen helps them progress incrementally in the program. Her passion for the material is infectious and her zest for life rubs off on even the most resistant.
5. **Cultural compatibility.** When discussing Eastern practices, Ellen speaks as an American who has benefited from them – not a convert, not a purist, and certainly not a proselytizer. Americans and Europeans find it easy to relate to her pragmatic style and familiar way of life.

6. **Brainy and articulate.** Ellen has the smarts and the connections to access the scientific, medical and tradition-based background of the techniques, and is able to explain complicated material in a clear, non-condescending manner. She incorporates photographs and personal anecdotes seamlessly into the flow of her narrative.

7. **Experience pays off.** Ellen has invested time and money in creating a platform so her voice as a pioneer in age-reversing consciousness can be heard. She has published her first book, *The Secret Method for Growing Younger*, developed an outstanding website, established valuable contacts with influential authors and invested in marketing training, networking and public relations.

AUTHOR'S PLATFORM-BUILDING ACCOMPLISHMENTS
January 2007- August 2008

These Grow Younger techniques work!

The author, 71, is a tireless dynamo, who accomplished the following while consistently practicing her mind/body/spirit techniques.

Ellen Wood:

- began writing *The Secret Method for Growing Younger* on **January 13, 2007**
- directed website design and development
- enrolled C. Norman Shealy MD to write the foreword for first book
- researched and handled all details of self-publishing, including seeking permission to use quotes, creating a legal publishing business, contracting with PayPal for website sales, etc.
- sub-contracted editing of final manuscript and directed design of book and cover for 1st printing
- designed bookmarks for workshop participants
- created evaluation sheet for workshop participant comments
- developed a 2-hour workshop; presented first to Institute of Noetic Sciences, Taos Group, **May 9**; standing room only audience of 50 bought 35 books
- presented 2nd workshop for Institute of Noetic Sciences on **July 11**
- presented 2-hour workshop on **July 21** at Princeville Community Center, Kauai; standing room only crowd of approx. 50 people bought 33 books
- secured 12 endorsements from well-known authors and experts for *The Secret Method for Growing Younger* 2nd printing, including **Barbara DeAngelis, David Simon MD, Larry Dossey MD, Richard Moss MD, Dr. Steven Ross, Mitchell Gibson MD** and others
- printed 900 books in 2007; used all for promotion and sales on amazon.com and howtogrowyounger.com
- presented workshop on **January 5, 2008** at Clinton Book Shop, Clinton NJ. Standing room only – shop sold out of 36 books
- presented workshop on **January 10** at Passiflora Tearoom, New Hartford CT. Standing room only – sold 28 books
- wrote periodic newsletters for email subscriber list and posting on www.howtogrowyounger.com
- produced 30-Second Grow Younger Method in pdf form as a “bonus” gift for partnering with another author’s book launch

Ellen Wood:

- attended Mark Victor Hansen's 5-day MEGA Book Marketing University in **March, 2008**
- signed with BookSurge for 3rd printing (Amazon.com)
- requested and received endorsement on **March 8** from **Marianne Williamson**; appears on cover of 3rd printing
- revised workshop to make it more interactive
- presented revised 2-hr. workshop at private home of violinists, Jorg-Michael Schwarz and Karen Marie Marmer, Peekskill NY on **May 21**; standing ovation from 18 guests; 1 hour Q & A; sold 15 books
- developed media kit for radio talk show producers
- secured endorsements for *How To Grow Younger* from Norm Shealy MD, Larry Dossey MD, author Joe Marcoux, and David Kekich, author and president of Maximum Life Foundation
- shared the stage with **Mark Victor Hansen** for his *Youngevity Web Broadcast* – available to subscribers **August 1 through October 1**. Scripted, delivered workshop and directed production and editing of a one-hour video on **July 23, 2008** – start to finish in 5 days.
- directed redesign of website (currently 650 newsletter subscribers) – completed in **August 2008**. Includes video introduction with clips from **Mark Victor Hansen's** *Youngevity Web Broadcast*.
- wrote three articles for *Bliss* magazine's first three issues. Accepted invitation to be a regular columnist with article and *Practical Tips from Ellen Wood* in each issue. (See *Bliss* articles in Appendix A.)
- presented workshop to enthusiastic audience for 30th Annual New Mexico Conference on Aging – **August 29, 2008**
- scripted, recorded and supervised production of CD: *Affirmations to Grow Younger* - available on website as a CD and MP3 download.
- Invited by Halima Christy, host of *Sage Health on Call* program on radio station KUNM, an NPR station in Albuquerque NM to give pre-recorded *Grow Younger Tips* on her show.
- Interviewed on **Sept 11** by Bill Gottlieb, author of *Alternative Cures*, (almost 2 million copies sold) for *Speed Healing*, a book commissioned by Bottom Line Books. The *Aging* section will feature Ellen's "30-Second Grow Younger Method" and the sidebar/box called "Speed Healing Success" will spotlight Ellen as the success story and will list her book(s), CDs, and website. Publication in 2009.

Upcoming events:

- Giving keynote speech for NM Dept. of Aging Training Conference **December 3,**

2008, in Albuquerque NM.

- Serving on Planning Committee for 2009 NM Conference on Aging
- Featured guest speaker for *How to Grow Younger Bash* on **2/24/09** to celebrate the launch of a new division of Inspiris in Nashville TN. www.inspiris.com
- Guest speaker for Richland Place Independent Elder Community on **3/19/09**. www.richlandplace.com
- Attending National Publicity Summit (NYC), after *How to Grow Younger* is released

In Production:

- 3-CD audio book of *The Secret Method for Growing Younger* read by the author
- Speaker's Kit and Brochure
- Pre-recorded one-minute *Grow Younger Tips* for radio.

The author hired a public relations consultant who conducted successful local media campaigns in each workshop location. (See a sampling of workshop participant comments in Appendix B.)

Free Publicity

- **May 3, 2007** – Full page newspaper article with 2 photos, *Tempo Magazine, Taos News*
- **May 8** – 15-minute drive-time interview with Nancy Stapp on KTAO, Taos NM
- Received mention in Radio-TV Interview Report magazine
- **June 6** – 10-minute interview on KOTA radio, Rapid City, SD
- **June 13** – 12-minute drive-time interview with Bulldog on WOCM radio, Ocean City, MD
- **June 13** – 30-minute interview with Gary Pozsik, *Health, Wealth and Happiness*, WGCV radio, Columbia, SC
- **June 26** – 12-minute drive-time interview with Aaron Thomas, KCAB radio, Russelville, AR
- **June 26** – 20-minute interview with Michael Dresser on *Lifestyle Talk Radio Network*

- **Posters** placed in Hanalei and Kilauea announcing workshop

Free Publicity (*continued*)

- **July 17** – 25-minute interview with Tracy Schavone, KKCR radio, Hanalei, Kauai
- **July 18** – 20-minute interview with Michelle Rundgren, KKCR radio, Hanalei, Kauai
- **July 21** – 7-minute drive-time interview with Ron Wiley, KQNG radio, Lihue, Kauai
- **Sept. 27, 2007** – one-hour interview with Maureen Moss on worldpuja.org. Currently available in archives.
- **Dec. 27** – Newspaper article with photo, *Hunterdon County Democrat*, “Vivacious Author Motivates Readers to Grow Younger”
- Three articles published on www.ezinearticles.com and www.selfgrowth.com. (See sample articles in Appendix C.)
- **Jan. 3, 2008** – Newspaper article in *The Register Citizen*, CT, “Book Signing Set at Passiflora Tearoom”
- **Jan. 4** – Newspaper article in *The Litchfield County Times*, CT, “Presentation in New Hartford”
- **July 6** – one-hour interview with Gloria Rose, host of “Here’s to Your Good Health” on WMTR, Morristown, NJ
- **September 14** - KUNM, Albuquerque NM. One-hour interview with Halima Christy on *Sage Health on Call* along with Sheila Key, author of *50 Ways to Leave Your 40s*.

Upcoming free publicity:

- **August 1 – October 1, 2008** – Presenter for Mark Victor Hansen’s Youngevity Web Broadcast
- **September 22** – One-hour interview on www.myexpertsolution.com
- **December 3** – Keynote Speaker – New Mexico Dept. of Aging, Network Training Conference

- **August 19, 2009** – One-hour interview on “*A Fresh Start*” with Sallie Felton – over 101,000 listeners. Broadcast in Seattle, WA on 106.9 FM HD and Worldwide Web (now in 240 countries)

HOW TO GROW YOUNGER MARKETING PLAN FOR 2008 AND BEYOND

Goals

- Establish Ellen Wood as a bestselling author and sought-after inspirational speaker.
- Build a global platform for multi-book publishing.
- Generate name recognition and credibility as a leading pioneer in age-reversing consciousness.
- Make *HOW TO GROW YOUNGER – 21 Daily Age-Reversing Steps to a More Joyful Life* a bestseller on both amazon.com and *The New York Times*.
- Contribute to a paradigm shift within the consciousness of humanity based on individual transformation.

Strategies

- Secure widespread national book distribution.
- Enroll support of influential and recognized experts/authorities.
- Conduct comprehensive publicity campaign blanketing the U.S. and beyond via print, radio, TV and internet.
- Establish credibility as an expert through placement of print and online articles and through broadcast media presence.

- Secure speaking engagements at conferences, professional association events, in upscale hotel/retreat settings, on cruise lines and through workshops in a variety of venues.

Action Steps: Author's Commitment

- Develop and conduct experiential workshops of various lengths based on the techniques in *HOW TO GROW YOUNGER*.
- Maintain a compelling and technologically sophisticated website.
- Produce video clips of Ellen Wood performing various age-reversing techniques and place them on her website and YouTube.
- Produce a DVD of Ellen Wood practicing the Tibetan Rites of Rejuvenation to sell online, in stores and at workshops.
- Hire a public relations consultant to:
 - Utilize Alex Mandossian's *Virtual Book Tour* and other programs for maximum free publicity on radio, TV and the internet.
 - Based on instructions in Alex Carroll's *Radio Publicity* program, schedule interviews for Ellen Wood with radio hosts that reach audiences interested in personal empowerment, healthy living and/or positive aging.
 - Utilize James Malinchak's *Speakers Program* instructions to set up workshops and presentations in major U.S. cities until these become the purview of Speakers Bureaus.
 - Target media in areas where workshops take place.
 - Target high-profile media such as *Hay House* radio, *New Dimensions* radio, *Oprah*, *NPR*, *USA Today*.

- Conduct coordinated online book launch with support of *Bestseller Mentoring Program* by Peggy McColl and Randy Gilbert.
 - Enroll 100+ author/experts to send book offer with bonus gifts to their subscriber lists.
 - Coordinate online launch with media blitz for maximum awareness.
- Solicit additional endorsements from influential people and celebrity authors.
- Conduct telephone and supplemental mail campaigns for book sales and presentations, targeting organizations and support groups focusing on:
 - Luxury hotels and resorts that cater specifically to elders such as Sunrise Senior Living
 - Elderhostel activities
 - College Gerontology and Patient Care Departments
 - Alzheimer's disease
 - U.S. Dept. of Aging and Departments of Aging in individual states
 - Human Resources departments
 - Elder and retirement communities such as Sun City
 - Cruise lines and more
- Include pro bono engagements in speaking schedule.

FUTURE PLANS

- Continue the series of books.
- Set up a blog for the author's online community to communicate with Ellen and each other.
- Form partnerships with experts on Facebook and other similar online communities.
- Offer a revised *HOW TO GROW YOUNGER* workshop for corporate settings and colleges offering Gerontology and Eldercare courses.
- Set up Study Groups that experiment with "before" and "after" and document growing younger results.
- Market books in cosmetic catalogs, beauty salons and spas, gerontologists' offices and as a giveaway by upscale cosmetics firms that have high standards of integrity.
- Produce and secure syndication for weekly newspaper column, *Growing Younger!*
- Produce and secure a sponsor (such as Burt's Bees) for syndication of weekly one-minute radio *Grow Younger Tips from Ellen Wood*.
- Create and market a "train the trainer" expanded workshop to train others to teach the *HOW TO GROW YOUNGER 21 Steps* to individuals and groups in private and institutional settings.
- Develop online video training of Grow Younger techniques.
- Develop and franchise a widespread network of Grow Younger Centers.
- Set up a foundation to offer micro-lending to elders attempting to start new businesses or other ventures for the betterment of society

ADVANCE ENDORSEMENTS

"This book picks up where *The Secret Method for Growing Younger* leaves off. Ellen Wood's first book gave step-by-step instructions for examining and changing your belief system about aging through Law of Attraction methods. Continue on the road to joyous youthfulness by practicing the powerful mind/body/spirit techniques in *How To Grow Younger*."

C. Norman Shealy, MD, PhD

Author: *Life Beyond 100 – Secrets of the Fountain of Youth*
www.normshealy.com

"Ellen Wood has proven that we can grow younger. At 71, she is forging new pathways into self-empowerment and modeling ways to live with vitality, creativity and joy in the second half of our lives."

Larry Dossey, MD

Author: *Healing Words* and *The Power of Premonitions*
www.dosseydossey.com

"She rocks! Ellen Wood is amazing - energetic, happy, full of life and passion for her project, and she looks great! Do yourself a favor and get her book so you can be younger, too."

Joe Marcoux

Author: *Boutique Thinking in a Big Box World*
www.justdidit.biz

"Amazing advances are taking place every day in life extension sciences – advances that will wipe out age-related illnesses, and give us youthful bodies. Those results are not here yet, but you can practice the techniques in this truly life-changing book and begin growing younger now."

David A. Kekich

President, Maximum Life Foundation
Author: *Life Extension Express*
www.MaxLife.org

WHO THIS BOOK IS FOR

The market for this book is anyone over 35 who would like to reverse the effects of aging and live life with joy and passion – specifically:

- **BABY BOOMERS**

Today baby boomers are hitting the “more wrinkles – less energy – stiff joints” time of life, and are ready to do something about it. They're not interested in the same old pill-popping fixes and “miracle” creams; they want an effective program that recognizes their deep interest in personal and spiritual growth and respects the time constraints their busy lives impose.

- **PEOPLE WHO VALUE NATURAL HEALTH AND NATURAL HEALING**

Millions of men and women entering mid-life are exploring alternative wisdom and soulful strategies that consider the “whole” person. They don't need to be told by more doctors what miracle combination of enzymes will make them live longer; they're looking for the 21 mind/body/spirit techniques *HOW TO GROW YOUNGER* offers for holistic transformation and renewal.

- **MEN WHO WANT BETTER SEX – AND HAPPIER PARTNERS**

With the market for Viagra and similar drugs skyrocketing, men are asking how they can achieve similar results in a more holistic and comprehensive manner. Men will turn to *HOW TO GROW YOUNGER* for tips on how to overcome stress-induced impotence and enhance their libido without drugs, and the women in their lives will thank them for it.

- **WOMEN WHO WANT TO RESTORE THAT YOUTHFUL GLOW**

It's a common bond among women, that moment of “ah-ha!” that feels an awful lot like “oh no!” It's startling to all of us when our faces start to reveal the years of experience we've acquired – and so we rush to do something about it. Nutritional formulas and the terrific advances in cosmetics help diminish wrinkles, but seaweed extracts and collagen cream alone are hard pressed to put the joy of youthfulness back on our faces. *HOW TO GROW YOUNGER* offers a complete program for being younger, not just looking younger.

- **RETIRED PEOPLE**

Later life no longer means sitting idle while the world rushes by. Elders are eager to be more active than ever, and with time – at last! – to spend on themselves, these men and women will be eager to experiment with “before” and “after.”

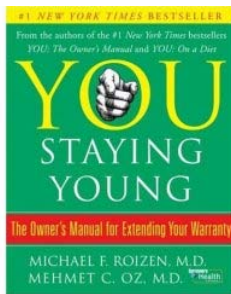
- **BUSY MEN AND WOMEN**

Although rich movie stars and heirs to fortunes may have the luxury of spending weeks at a time at expensive spas, the rest of us – whether we’re busy professionals or working parents – will be excited to discover *HOW TO GROW YOUNGER*’s easy-to-follow program they can do at home and adjust to fit their busy schedules.

COMPARABLE BOOKS

NOW is the time for *HOW TO GROW YOUNGER - 21 Daily Age-Reversing Steps to a More Joyful Life*.

- Ten thousand U.S. baby boomers are turning 60 every day, contributing to the national obsession with oat bran, meditation and exercising for health.
- 78 million baby boomers are becoming increasingly aware of their own mortality and focusing on regaining and maintaining youthful vitality, looks and libido.
- Ever-increasing life expectancy and bioengineering advances along with exposure to alternative healthcare protocols and Eastern spiritual practices combine to produce a market ready for this book emphasizing the mind/body/spirit component of health in reference to aging.
- A steadily increasing number of bestselling authors have brought age-reversal into public awareness. They have registered and contributed to a paradigm shift in the collective consciousness: the recognition that it is possible not just to live longer but to live better in our later years. They put in the effort to define that field of consciousness, and the market is now ripe to support new and different books on how to grow younger.



You: Staying Young: The Owner's Manual for Extending Your Warranty

By Michael F. Roizen and Mehmet C. Oz

Publisher: Free Press

October 30, 2007

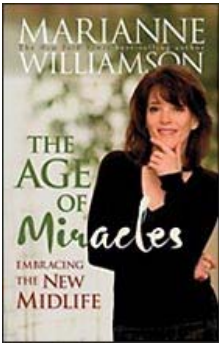
Hardcover: 432 pages

List price: \$26.00

This book's success clearly shows there is a huge audience searching for guidance on how to live healthier and feel younger. The authors are both noted physicians who speak knowledgeably about the body's anatomy, functional systems, and diseases. This informative, easy-to-read book is primarily focused on the body and the brain but gives a giant nod to meditation.

***YOU: Staying Young* compared to *HOW TO GROW YOUNGER*:**

- While *HOW TO GROW YOUNGER* neither contradicts nor parallels what this book offers, it speaks directly to the same audience: the billions of baby boomers as well as millions born before 1946 and after 1964.
- Only minimal attention is given to the spiritual component of health and aging.
- Suggested techniques are not organized to be practiced daily.
- Self-assessment quiz is not set up for tracking progress; rather, readers are encouraged to record results once a week of tests such as push-ups, sit-ups, hand-grips and balance.
- There is no separate booklet with 7 weeks of daily practice checklists.
- It does not include a Reference section listing websites for the latest research.



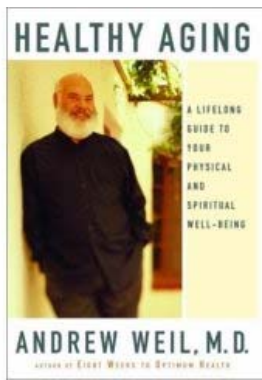
The Age of Miracles: Embracing the New Midlife

By Marianne Williamson
Publisher: Hay House
January 1, 2008
Hardcover: 187 pages
List price: \$22.95

The purpose of this book by bestselling author and internationally-acclaimed lecturer **Marianne Williamson** is to psychologically and spiritually reframe the transition of getting older so that it leads to a sense of joy and awakening. She posits that within the ability to rethink our lives lies our greatest power to change them and that what has been called “middle age” need not be seen as a turning point toward death. Overall, this work consists of Marianne Williamson's thoughtful musings on how to age well from a practical and spiritual point of view.

***The Age of Miracles* compared to *HOW TO GROW YOUNGER*:**

- This book’s purpose is to explain and inspire the psychological and spiritual changes necessary to live younger and better in the mature years of life. That makes it the perfect companion for *HOW TO GROW YOUNGER*. In addition, *HOW TO GROW YOUNGER* includes:
 - the lifestyle changes that support biological and physical youthfulness.
 - a how-to for developing new thought habits.
 - a program for transforming body, mind and spirit through daily practices.
- It must be noted that Marianne Williamson, who endorsed Ellen Wood’s first book, is an extremely influential and inspiring part of the author’s life.



Healthy Aging: A Lifelong Guide to Your Wellbeing

By Andrew Weil, M.D.

Publisher: Anchor

January 2, 2007

Paperback: 368 pages

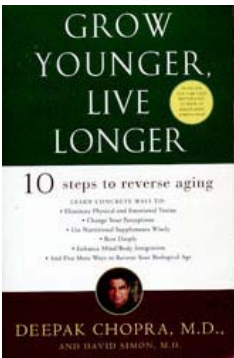
List price: \$14.95

*NOTE: The hardback edition of **Healthy Aging** was published in October, 2005*

This bestseller was written by Dr. Weil, one of the most outspoken proponents of combining traditional Western and alternative medicine under the concept of integrative medicine. In *Healthy Aging* he denigrates the lucrative field of look-younger creams, Botox treatments and anti-aging medicine; and provides scientific information on what occurs during aging.

Healthy Aging compared to HOW TO GROW YOUNGER:

- Weil's main mission in this book is to recommend growing old gracefully, which he considers accepting the process instead of fighting it. From another perspective, this is accepting the inevitability of decline, which brings with it all the programming we've accumulated over the years that associates age with progressive deterioration of mind and body. This prevents people from *conceiving* of growing younger, the first step to making it happen and one of the main premises of *HOW TO GROW YOUNGER*.
- The book is not organized to offer techniques for daily practice or creating new habits.
- The author gives his long-lived mother as an example of healthy aging, but does not offer himself as proof that his system works; whereas Ellen Wood, using her own direct, humorous and inspiring voice, provides both a guide and a model for living a younger and more joyful life at any age.



Grow Younger, Live Longer: Ten Steps to Reverse Aging

By Deepak Chopra MD and David Simon MD

Publisher: Three Rivers Press

December 24, 2002

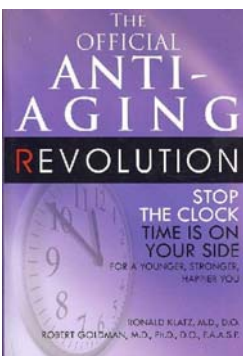
Paperback: 304 pages

List price: \$14.95

Based on his 1993 bestseller *Ageless Body, Timeless Mind*, Chopra's *Grow Younger, Live Longer*, written with Dr. David Simon, presents many of the same quantum-based theories of aging as simply a matter of changing perception. Dr. Chopra has been instrumental in developing public awareness of the role of perception in health issues, and his explicit program engaging mind, body, and spirit in an integrated approach to age-reversal shares some common themes with *HOW TO GROW YOUNGER*. Ellen Wood's book no doubt will appeal to the same audience.

***Grow Younger, Live Longer* compared to *HOW TO GROW YOUNGER*:**

- The paperback edition was published six years ago but this book is still among the top 100 bestsellers in the Health, Mind and Body category. This indicates that the public is still hungry for books that combine body/mind/spirit techniques for growing younger.
- Although Chopra and Simon write with the authority of medical training, they do not speak of their own experiences using the techniques in their book. In *HOW TO GROW YOUNGER*, Ellen Wood tells her story of growing younger and shares the 21 age-reversing actions she first adopted in 2004 – actions that have actually made her younger.
- Suggested techniques are not organized to be practiced daily.
- There is no separate booklet with 7 weeks of daily practice checklists.
- It does not include a Reference section listing websites for the latest research.



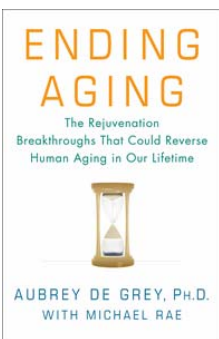
The Official Anti-aging Revolution: Stop the Clock, Time is on Your Side for a Younger, Stronger, Happier You

By Ronald Klatz and Robert Goldman
Publisher: Basic Health Publications
4Rev Ed edition/ December 20, 2007
Paperback, 672 pages
List price \$22.95

Most bestselling books on living a long, healthy, active life in our later years, including this one, are written by doctors or scholars who write from a scientific viewpoint about the biological aspects of the human body. *The New Anti-Aging Revolution* by Dr. Ronald Klatz and Dr. Robert Goldman, part of an extremely successful series they've written on combating the ill-effects of aging, is a resource book about innovative biological science and research as well as treatment modalities designed to prolong the human lifespan. As co-founders of the American Academy of Anti-Aging Medicine, these physicians focus almost exclusively on medically therapeutic solutions to the issues around aging.

The Official Anti-aging Revolution compared to HOW TO GROW YOUNGER:

- This book is written much like a textbook with the authority of medical training, in contrast to *HOW TO GROW YOUNGER*, in which Ellen Wood speaks with the authority of her own experience using conversational language to address the concerns and fears, disappointments and expectations of the reader.
- There is very slight attention to the spiritual component of health and aging.
- The techniques are not organized to be practiced daily.
- There is no Daily Ritual Booklet as an aid to creating new habits.



Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime

By Aubrey de Grey and Michael Rae

Published by St. Martin's Press

September 4, 2007

Hardcover: 400 pages

List price: \$26.95

In this book, Dr. de Grey presents his rationale for believing the key biomedical technology is now within reach that will eliminate aging-derived debilitation and death entirely—technology that would not only slow but periodically reverse age-related physiological decay, leaving us biologically young into an indefinite future. Comprehensive rejuvenation therapies are presented that could feasibly postpone age-related frailty and disease indefinitely, greatly extending our lives while eliminating, rather than lengthening, the period of late-life frailty and debilitation.

***Ending Aging* compared to *HOW TO GROW YOUNGER*:**

- With science and technology making exponential progress every day towards the end of aging, readers are learning to change their conditioned views about growing younger and to accept the possibility that it can occur. This book and many others along the same lines, contribute to that learning curve, but are not in the body/mind/spirit category of reversing aging.

WHY READERS WILL BUY THIS BOOK

HOW TO GROW YOUNGER offers:

- **MAINSTREAM APPEAL – WITH SOME EASTERN SPICES**

HOW TO GROW YOUNGER integrates personal experience, ancient wisdom, and frontline research into the mind/body/spirit interaction in a way that leaves no reader behind. Both mainstream readers and those familiar with Eastern and holistic practices can feel comfortable with these techniques and confident in Ellen Wood's coaching.

Readers will buy this book because it presents techniques for growing younger in an authentic voice that's encouraging and reliable. Using a lively, upbeat tone, the author weaves sound, practical advice for reversing the ill effects of aging with a deep respect for the gift and power of Spirit as she guides readers through the program.

- **AN EASY-TO-FOLLOW FORMAT THAT ENCOURAGES SUCCESS**

In today's fast-paced culture, readers want an anti-aging program that is easy, accessible, and has everything laid out for them. *HOW TO GROW YOUNGER* takes the trouble out of age-reversal with its user-friendly format and clear, effective coaching.

HOW TO GROW YOUNGER provides readers with a practical, accessible program that can be embarked upon immediately.

- **AGE-REVERSING STRATEGIES ANYONE CAN AFFORD**

The annual cost of an anti-aging program runs between \$4,000 and \$6,000 annually for hormone balancing without human growth hormone. With human growth hormone, the cost can range from approximately \$8,000 to \$25,000 per year.

The 21 techniques that comprise the *HOW TO GROW YOUNGER* program aren't just effective, they're cost-effective: even the most frugal reader will find them truly budget-friendly. And once these practices become habit, the rewards are beyond measure.

- **PROGRAM EMPHASIZING JOYFUL RENEWAL**

The focus throughout *HOW TO GROW YOUNGER* is on the life-enhancing, joy-creating opportunities a younger self will provide the reader. This approach emphasizes joy not simply as a desired end but as an ongoing motivator. *HOW TO GROW YOUNGER* is about having fun, sharing the love, and stretching into whatever Spirit has in mind for each of us – if only the debilitating effects of aging weren't to stand in the way.

There are plenty of “You Can Look Younger” books. There are few, if any, other books that share the secrets of actually growing younger from someone who has discovered and experienced them firsthand.

- **A DAILY RITUAL BOOKLET**

Many “how-to” books inspire us with the desire to change our lives, but we lose heart – and interest – when we have to go back and flip through the pages to actually find the techniques.

HOW TO GROW YOUNGER's 21 techniques are collected in a checklist readers will find duplicated in a checkbook-sized Daily Ritual Booklet attached to the book's back cover. Additional copies and large-print versions are sold separately.

It is interesting to note that when Peter Kelder's *ANCIENT SECRET OF THE FOUNTAIN OF YOUTH* was released by Harbor Press in 1985, it **immediately touched off an incredible sales phenomenon** rivaled only by *THE CELESTINE PROPHECY* and *CONVERSATIONS WITH GOD*. It tells of five ancient Tibetan Rites of Rejuvenation, simple exercises which are said to restore youthful health and vitality by balancing and harmonizing invisible energy vortices within the body. These exercises are an important part of Ellen Wood's *HOW TO GROW YOUNGER* program as well as her personal daily practice.

HOW TO GROW YOUNGER offers a powerhouse approach to age reversal that encourages readers to feel supported in each step of their progress. No one wants to feel alone – especially when trying something as emotionally explosive as growing younger! Readers want to know that their guide shares their concerns, understands their fears as clearly as their dreams, and won't give up on them. Can a book do that?

HOW TO GROW YOUNGER can, with its unique blend of humor, wisdom, fact and story. Credibly enthusiastic and alert to the forces that motivate readers, the author of *HOW TO GROW YOUNGER* understands what it's like to want to be young again – and shows readers, step by easy step, just how they can be.

WHAT THIS BOOK CONTAINS

TABLE OF CONTENTS

DISCLAIMER: As with any program that involves exercise or change of lifestyle, a disclaimer in the front of the book will urge readers to check with their doctors before attempting the techniques. This will be repeated in the chapters on bone-building exercises and the Tibetan Rites of Rejuvenation.

FOREWORD

YOUTHFULNESS THROUGH TRANSFORMATION

PART ONE:

SHINE UP YOUR BODY

If you're ready to look younger, feel younger, and have the energy to get what you want out of life, these physical techniques will set you on the right path. We'll look at what the doctors, the mystics, and the research scientists have to say about these basic building blocks to growing younger.

Self-Assessment Quiz: a brief questionnaire designed to establish your starting point and then monitor your improvement in body image and physical fitness after using the nine HOW TO GROW YOUNGER techniques in Part One: Shine Up Your Body.

Chapter 1. SKIN STIMULATION: Millions of Sensory Neurons Can't Be Wrong

Sure, it feels good to be touched. The secret is it's good for you, too – both when someone you love is touching you and when you're practicing this technique yourself to activate the age-reversing power of your body's biggest, most visible organ. Then replace the moisture your skin craves and you'll notice a remarkable difference in the way you look and feel.

**Technique #1:
Dry brush your skin.**

Chapter 2. DIET: The potency of good nourishment

Discover the pleasures of eating for youth, learn to listen to the messages your body sends about what it prefers to eat, and find out how the practice of sharing food and giving thanks can surprise you with its age-reversing effects. Enjoy the natural goodness of everyday fruits and vegetables and find the nutrients you need in freshly-made juice or a smoothie.

Technique #2: Drink fresh juice or a smoothie.

Chapter 3. SUPPLEMENTS: Do I really *need* all those pills?

From good old-fashioned cod liver oil to human growth hormone, there's a wide array of supplements out there that claim to make you younger. We'll consider the pros and cons of medical and nutritional supplements, and learn why this one simple, low-cost addition to your diet is an excellent tool to use in your growing younger daily regime.

Technique #3: Eat a handful of almonds.

Chapter 4. HYDRATION: Water, the elixir of life

Nothing is better than cool, clear water when you're thirsty. But who remembers to drink enough? Research shows that however you drink it – hot or cold, in tea or straight – water is vital for supporting your body's essential processes, and these specific tips will let you experience the benefits without the fuss.

Technique #4: Drink plenty of pure water.

Chapter 5. FACE FRIEND: The glory of sunshine - without baking

Nothing ages faces faster than exposure to harmful UV radiation, but sun is also essential for a youthful body. Bring out the glow of health and youth with the best advice from skin experts, and learn how to get the face and body you deserve.

Technique #5: Get sensible sun.

Chapter 6. MOVEMENT: Getting your body in gear

It's simple: movement energizes, movement motivates, movement wakes up your dormant abilities and increases your ability to respond quickly and flexibly to new situations. So why don't we all exercise? Because no one's ever shown us how to *have fun doing it*. Move from the "should do" to the "want to" with these invigorating ways to have fun while building bone and body.

**Technique #6:
Do bone-building and aerobic exercises.**

Chapter 7. BRAIN BUILDING: Flex your mental muscles

You'll learn how to keep your brain from atrophie and yes, also grow new brain cells. Those tree-like things that look like branches are called dendrites and scientists have recently discovered that, contrary to past belief, you *can* grow new ones. Learn how to help your brain and have fun, too.

**Technique #7:
Do brain exercises.**

Chapter 8. INTEGRATION: Bringing it all together

Bring body, mind, and spirit into alignment with these simple exercises that have been practiced for centuries by Himalayan masters renowned for their long lives and youthful presence. Clear photographs show you how to perform each movement correctly.

**Technique #8: Do 5 Tibetan Rites of Rejuvenation –
3/day to 21/day.**

Chapter 9. REST: The great restorative

We all need *quality* rest to allow our bodies to repair and refresh themselves. Learn about natural sleep rhythms and why yours may not be the same as your neighbor's. Find out why Yogananda said of Americans, "You people do not sleep correctly", and what you can do to hold back some of the effects of gravity.

Technique #9: Sleep on your back.

PART TWO:

LIVE WITH INTENTION

Modern science, ancient wisdom, and plain old common sense agree that *who we expect to become* bears a huge responsibility for *who we actually do become*. Some of these techniques will help you harness the energy of your mind and direct your thoughts toward the qualities you want to embody. Others will call up reserves of spiritual energy to speed up the age-reversing process. Photographs, anecdotes, exercises and clear coaching show you how to incorporate these simple techniques into your daily routine.

Self-Assessment Quiz: a brief questionnaire designed to establish your starting point and then monitor your improvement in self-talk and inner growth after using the seven HOW TO GROW YOUNGER techniques in Part Two: Live With Intention.

Chapter 10. CLARITY: You are what you ... think?

Learn how your thoughts create your reality, how to avoid decline mentality, and the specifics of the Law of Attraction. Become conscious of your thoughts and change an aging mindset to a youthful outlook on life. Start with these small exercises and the results will literally change your mind.

**Technique #10:
Observe your thoughts – they create you.**

Chapter 11. AWARENESS: The power of the moment

By experiencing your emotions *as they arise* you can honor their validity and avoid the debilitating effects of mental replay. Learn to practice a moment of self-awareness between stimulus and reaction, and you can clear the accumulated mental waste that manifests as symptoms of aging.

Technique #11: Choose how to react.

Chapter 12. TRANSFORMATION: The alchemy of attitude

You have the power to transform negative experience into positive advantage. Learning to effectively exercise this power means making a choice between the brittle inflexibility age can bring, and the suppleness and resiliency of youth.

**Technique #12:
Challenge? Say: *something good will come of this.***

Chapter 13. CLEARING: Unblock the flow of youthfulness

Negative thoughts and emotions about growing old can get stuck in your physical cellular energy system and prevent you from experiencing the joy of growing younger. Learn to release those blocks to youthfulness through this simple formula, which includes the Emotional Freedom Technique (EFT).

**Technique #13:
Tap away limiting beliefs with EFT.**

Chapter 14. CONSCIOUS ALIGNMENT: The power of asking for what you want

Connect with the power of affirmations to clarify your goals and align yourself with the help you'll need to reach them. Learn specific youthfulness affirmations from Himalayan tradition, and customize the practice to your own needs with these insights and exercises.

**Technique #14:
Say or write morning and evening affirmations.**

Chapter 15. ENERGY CHANNELS: A river runs through you

Ancient healing modalities focus on freeing the “chi” or “prana” – life/breath energy – from the roadblocks clogging the energy pathways. Learn to perform these simple, highly effective techniques to keep the channels clear and prevent more accumulated energy barriers.

**Technique #15:
Take 7 deep alternate-nostril breaths.**

Chapter 16. CENTERING: Why “doing nothing” can change everything

Meditating can help you locate that small, still place where mind, body and spirit communicate with one another most effectively. Examine the physiological and psychological benefits of meditating and learn simple ways to get started or to enhance your practice for specific stress-reducing, age-reversing results.

Technique #16: Meditate.

PART THREE:

SPREAD JOY TO THE WORLD

How you shape your participation in the greater life of the universe has a tremendous effect on how successful you’ll be at growing younger. Some will understand these “relationship techniques” in the context of their spiritual connection, others their family and social, still others their civic or even environmental commitment. Whichever way you approach them, these techniques will lift others around you while helping you grow younger.

Self-Assessment Quiz: a brief questionnaire designed to establish your starting point and then monitor your improvement in emotional well-being and relationships after using the five HOW TO GROW YOUNGER techniques in Part Three: Spread Joy to the World.

Chapter 17. SUPPORT: No one is an island

You're not the first to explore this territory. Collect wisdom, not despair, and let others help you replace negative thoughts with positive ones. In this chapter you'll also learn how to surround yourself with good energy, and to identify and shield yourself from people and situations that drain you.

Technique #17: Read inspiring words.

Chapter 18. WITNESS: A simple difference yields a world of good

None of us can really be sure of Spirit's intention for ourselves – and much less so for another person. So why judge? Take a look at what judging does to the judge, and learn to substitute the practice of *discernment* instead. Use your attention as a gift rather than a bludgeon and bask in the age-reversing benefits.

Technique #18: Discern instead of judge.

Chapter 19. GIVING: The power to pass it forward

Expand your care and consciousness beyond the small “you” to include the greater world and you can abolish loneliness, one of the most potent agents of aging. What does it mean when mystics say we're “all one”? Learn how to create the world you want by calling it into being with your own generosity, and see why what you give away comes back to you a hundredfold.

**Technique #19:
Do something good for someone else.**

Chapter 20. JOY: The phenomenon of happiness

What happens when somebody next to you yawns? Teach your face new expressions and see how it affects your mood and your neighbor's behavior. Practice Laughter Yoga to brighten both your complexion and your outlook. Go on, get silly – and get younger in the process.

**Technique #20:
Do something silly or fun or spontaneous.**

Chapter 21. LETTING GO: Liberation of the spirit

Forgiving is not the same as excusing. Find out why we want to hold on to our grievances and regrets – and why they'll age us faster than any other factor. Learn tips to help you achieve this simplest and yet most difficult technique. Let go of little resentments and the big ones will lose their stranglehold.

**Technique #21:
Forgive everyone (including yourself).**

HOW TO USE THIS BOOK

Following Part Three is a suggested approach to developing an individualized plan. Ellen will encourage readers to gradually master the techniques and add them to their daily schedule. It takes time and repetition to develop a habit, and it's important to take heart from small successes and avoid being discouraged by setbacks. Coaching with empathy and enthusiasm, Ellen will show readers that if she can succeed at this program, each one of them can as well.

Included in this section is a page showing the checklist below.

Daily Ritual – Week of _____	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Morning</i>							
Say or write morning affirmations							
Clearing needed? Do 2 rounds of EFT							
Get sensible sun							
Take 7 deep alternate-nostril breaths							
Meditate							
Drink fresh juice or a smoothie							
<i>Anytime</i>							
Do 5 Tibetans – of each a day							
Do bone-building and aerobic exercises							
Dry brush your skin							
Exercise your brain							
Do something good for someone else							
Observe your thoughts – they create you							
Do something silly or fun or spontaneous							
Eat a handful of almonds							
Challenge? Say: <i>Something good will come of this</i>							
Choose how to react							
Discern instead of judge							
Drink plenty of pure water							
Forgive everyone (including yourself)							
<i>Evening</i>							
Say or write evening affirmations							
Take 7 deep alternate-nostril breaths							
Meditate							
Read inspiring words							
Sleep on your back							

This checklist is just a reminder. If there's a day when you cannot do all of them, or *any* of them, let it go. Be kind to yourself.

The heart of the program lies in the 21 practical techniques. Seven weeks of daily checklists are duplicated in a small **Daily Ritual Booklet**, which is included with *HOW TO GROW YOUNGER*. The booklet is meant to be carried separately for readers to check off techniques accomplished each day. There are also short hints and photographs for some of the techniques, and additional booklets may be purchased separately.

ACKNOWLEDGEMENTS

REFERENCES

Latest web-based and print resources, product sources and contact information.

ABOUT THE AUTHOR

WORD COUNT AND COMPLETION REQUIREMENTS

The word count estimated for the book is 60,000 to 80,000. The number of pages for the Daily Ritual Booklet is 14. Readers may purchase additional copies of the DRB in either checkbook size or large print.

In addition to writing, this book requires researching, interviewing experts and verifying information. With the author giving full attention to the writing of the book and sub-contracting research, the finished manuscript can be delivered within 4 months from the contract-signing date.

PHOTOS REQUIRED OF THE AUTHOR PERFORMING THE TECHNIQUES:

Tibetan Rites of Rejuvenation: 10

Alternate Nostril Breathing: 2

EFT tapping points: 8

YOUTHFULNESS THROUGH TRANSFORMATION

You are a powerful, magnificent being.

Before you read on, sit for a moment and let that sink in. Say it out loud or silently: *I am a powerful, magnificent being.*

If your mind is saying *no, I'm not*, then just say *yes, I am*, and continue reading.

It is important to accept this basic premise in order to get what this book has to offer. If you look at your body and those words ring false to you, if you listen to your thoughts and hear your mind saying you're not good enough – that you have no power, no magnificence – then I invite you to suspend judgment and feel the part of you that is beyond your body, beyond your mind. Feel your spirit.

Your spirit is *always* powerful, it is *always* magnificent. It is all-knowing, eternal and radiantly beautiful. There are no boundaries to your spirit. That means your spirit is part of my spirit and our spirits are part of everyone else's.

So let's gather up all our power and enthusiasm and magnificence because we have a lot to do. We're taking a journey together.

Wait a minute, you might say. I thought this was about my growing younger.

Will this journey make my body as strong and flexible as it used to be?

Yes, but more than that.

Clear the fog out of my mind so I'm not so forgetful?

Sure, but more than that.

Bring back the energy and vitality and stamina I used to have?

Even more.

Make me sexy and attractive and filled with passion for living?

That, too, but much more.

We are going to participate in a glorious, powerful, awesome shift in consciousness on this planet. We are taking a journey into a whole new world.

So, what is this shift in consciousness? How does it feel? What will be different from the way we are now?

It is a shift in perspective – a change in our view of the nature of reality to one in which Love is a way of *being*. It is a shift in viewpoint from our individual self to an expansiveness that includes everyone and everything. It is true that we are all connected, we are all part of the One Spirit. There is no separation – never has been – it just feels that way because Spirit is experiencing life on Earth as you, as me, as each person, plant and animal, and every other single atom on the planet.

Since this shift has already started, every day the body and mind parts of us are getting a little closer to knowing our spirit part. Now and then we get glimpses of the deep peace and radiant joy of our true being. That's what happens when we shift our consciousness.

To participate fully in this shift, you need the energy, vitality, stamina and flexibility of a strong body and a clear, agile, sharp mind. And if looking good helps you feel complete (as it does for me), you need that to happen too, so we can get on with the work we have to do.

The shift in consciousness is for everyone, but those of us with quite a few birthdays under our belts have a particular part to play. For this you need years of experience among people, situations and circumstances of life – the experience that has ripened and seasoned into your own brand of wisdom.

You are in the forefront of this shift, so you need your emotional energy to be strong and positive; this is essential because you are going to help transform other people. You also need passion, enthusiasm and zest for life – all qualities of youthfulness – for the journey into expanded consciousness.

HOW TO GROW YOUNGER – 21 Daily Age-Reversing Steps to a More Joyful Life will give you the tools for using your power and magnificence to create a new way of living – a young, joyful, grateful way of living. When you practice the steps in this book, you will shift your consciousness to a youthful outlook, ripe with infinite possibilities, ready for creative expression that will benefit yourself, all of humanity and our planet.

Then, together, we will spread the joy of transformation and youthfulness from mind to mind until a critical mass is reached and all elders – many far, far older than you – become empowered, valued members of society, living joyful lives and bringing joy to the lives of others.

If you are ready to participate, say *I am a powerful, magnificent being, capable of infinite creation*. Now, really feel it in your bones, and then read on.

* * *

The Times They Are A'Changin'

You need all the power and magnificence that is your natural state because the old way of living isn't going to work anymore. There's a new paradigm emerging – a paradigm that thrives on sharing and valuing the creative contribution of each person.

For a long time, creativity was the exclusive domain of a chosen few. Those few created ideas, created art, created power structures and religious regimes – and everyone else followed along.

That's all changing.

Now people everywhere are beginning to awaken to their *own* individual infinite creative expression – and it's causing a radical shift in consciousness. The still, small voice inside each of us is becoming louder and louder. We're each beginning to allow for the possibility of miraculous inspiration coming through us. We're starting to hear our own individual muse inspiring us to keep a steady connection, let go of control, listen and *express!*

But along with the joy, delight and excitement of personal creative expression, comes the tremendous anxiety of entering the unknown. There's upheaval in this new consciousness – a change from seeing ourselves as limited human beings, playing it safe, following other drummers and seeing them as special and gifted and extraordinary – to realizing we, too, are special and gifted and extraordinary.

The anxiety comes from the fear. Fear of giving up control of our lives. Fear of *really* living in the present. Fear of not knowing whether that inner prompting is ego or Spirit. Fear of stepping into the unknown. Fear of stepping out of the comfort of what we know. Fear of growing younger because no one's ever done that before.

This is not for the faint of heart. But it *is* for everyone. Sooner or later each of us will encounter this shift in consciousness. Some of us will smoothly sail in. Some will experience just a few bumps and bruises. Some will kick and scream, banging our heads at every turn. Some will choose not to participate.

And for *your* journey into higher consciousness? This book will help you do it with power and grace. Part of your own metamorphosis includes assisting with the transformation and empowerment of others and you'll find here the ways and means for helping other people as well.

* * *

We Can't *Really* Grow Younger... Can We?

In all areas of life we are changing what we can conceive of happening. When we can *conceive* of growing younger, we've taken the first step towards making it happen.

Society has been handicapped by the ideas and beliefs about aging – how it looks and feels to add years – inherited from generations past. We've been taught that growing old is grim. That aging unavoidably involves the loss of many of our aptitudes and abilities. That it isn't fun and is often painful.

Not so many decades ago, we were also taught that people couldn't fly – until a few forward thinkers chose not to accept the impossibility of flight. Instead, they figured out *how*. Today I and other age-reversing pioneers, including scientists and physicians, are shaking the roots of the prevailing belief system and figuring out how we can grow younger as we age.

Quantum physicists have discovered, to their complete surprise, that matter is affected by thoughts, a discovery that rocked the boat for the scientific community. Yet this new field of quantum mechanics is actually revealing what many wise teachers and healers have taught for centuries: our thoughts and beliefs create our reality. We can grow younger once we embrace the idea. As Henry Ford once said, "If you think you can do a thing or think you can't do a thing, you're right."

On another level, astounding advances are taking place every day in molecular biology, organ and tissue regeneration and nanotechnology. These will eventually eliminate age-related illness and infirmity and give us youthful skin, organs and brains.

Already today there are age-reversing methods and procedures that take advantage of this research. These body-changing methods include anti-aging medical

evaluations and individualized youthing plans, face lifts, body contouring, and wrinkle-smoothing injections, among others.

HOW TO GROW YOUNGER – 21 Daily Age-Reversing Steps to a More Joyful Life, while designed to make your body look and feel great and your mind work better, goes much further. This book offers tried-and-true, no-cost practices that have been developed to change your habits and transform the *whole* of you.

* * *

My Experiences With This Program

These practices *work*. How can I say this with such confidence? Because, through diligent application of the program, I *am* growing younger. My mind is so much clearer and sharper, my body stronger and more flexible than before I began practicing these techniques. With the changes they have brought, I can dance as exuberantly as I did when I was 35 and I have regained the vitality, energy, enthusiasm and stamina I had way back then. I've often been told I look far younger than my years, and best of all, I hear less frequently through my spiritual phone line: *can you hear me now?*

Since the early 1970s I have practiced mind/spirit techniques to create abundance, loving family relationships and friendships, as well as career success using the Law of Attraction. Learning about the Law of Attraction and consistently practicing the suggested techniques brought me abundance of all kinds. It just never occurred to me to use the Law of Attraction to grow younger!

It was after my mother wasted away with Alzheimer's that I began to *wake up* to the fact that I could also apply those consciousness-based techniques to growing younger.

I gave it a try – and it worked.

But it wasn't just using my mind and expanding my awareness that brought me youthful results. I couldn't just sit around eating ice cream and watching TV and expect miracles to happen.

No. Through Law of Attraction methods, I received clues about action steps that I needed to take in order to bring about youthfulness – clues that led me, one by one, to the techniques in this book. Some came to me in books I read or DVDs I watched or words I heard someone say. Some came to me as inspiration during my meditations.

A few of the techniques – like meditating, saying affirmations, and eating a handful of almonds each day – I had already been practicing for years. The new ones I decided to try with an open mind.

One technique came to me in an incredibly unusual way. I'll tell you all about that in the chapter on the Tibetan Rites of Rejuvenation. I've never been athletic or gone in much for exercise of any kind, but I've become a passionate advocate for the Tibetan Rites of Rejuvenation exercises – because they really work!

As I went along, I developed a daily checklist for myself. And I noticed that as I was talking and listening to more and more people about their aging concerns (not just people in their 60s and 70s, but people in their 30s and 40s who were seeing their first wrinkle or gray hair), a whole program was starting to emerge.

It became clear to me then that my job was to write this book. I began work on it early in 2007, and I grew so excited about sharing this information with others that I set a date for May of that year to present a workshop on the subject.

As I started developing a workshop of Grow Younger techniques, I realized a foundation of mental and spiritual groundwork was needed. That's why I wrote *The Secret Method for Growing Younger – A Step-by-Step Anti-Aging Process Using the Law*

of Attraction to Help You Stop Aging, Grow Younger and Enjoy Life. That book teaches how to examine and then replace beliefs about aging's progressive deterioration of mind and body, and how to start the process of growing younger using Law of Attraction principles. *HOW TO GROW YOUNGER - 21 Daily Age-Reversing Steps to a More Joyful Life* builds on the methods introduced in *The Secret Method for Growing Younger* and provides a program of practical body/mind/spirit action steps for growing younger.

* * *

You CAN Do It!

It's a trademark of modern life, this practice we have of overworking and under-relaxing – of stretching 24 hours into a container big enough to hold a day and a half's activity.

Sure, I've heard lots of people say, 'I'd like to get younger. And maybe I will. I just have to figure out how to free up a little spare time. How can I possibly carve out enough time to add 21 daily practices?'

The answer is simple: the time you spend practicing these techniques will be more than made up for by the energy they give you the rest of the day.

Take, for example, the techniques from **part one**. Everybody has a body, which means that all of us – like it or not – have got to give it some care to keep it going. What happens when you make that care a conscious, joyous part of your daily routine? You'll feel better, you'll function more efficiently, and you'll notice things about the way your body was meant to perform that will inspire you to continue in the same direction.

And your mind? In **part two** we'll get into techniques that will help you harness mental reserves you never even knew you had. You'll learn why it's important to **love and accept yourself exactly as you are**, and how to own, fully feel and transmute the

tremendous bundles of energy from parts of yourself you may not have looked at, including your shadow self. You'll tap those depths of mental power, keep your mind from working against you, and direct your thoughts toward the person you wish to become – all without pain, drugs, or expense.

In **part three** we'll look at how you interact with the world. Through the practice of these simple, straightforward, and astonishingly powerful techniques, you'll learn to turn those interactions into a great resource for you – and a benefit to the world at large.

These exercises engage your soul at its deepest level and call on the power of your spiritual connection to guide, strengthen, and refresh you as you grow into the life you were born to live.

In *HOW TO GROW YOUNGER*, we'll look at all these things and more. I'll share what I've learned from scientists, from ancient and esoteric teachings, and from my personal experience with the practices. Then you'll have the opportunity to test-drive the ideas in your own life by trying the exercise for each.

* * *

Change Your Habits With Grace and Ease

This book isn't just for bedside reading – but if that's what you want to do first, go ahead! Prop yourself up on your pillows and read it all the way through, giving yourself as many nights as it takes.

But let's face it: there's a big gap between reading and agreeing with something, and actually putting it into action in your daily life. I want you to get the most you possibly can from this book, and the only way these techniques will have the power to change your life is if you *do* them.

It's very important to me that you, too, grow younger and bring more joy to your life. Getting there, though, will take more than just reading these ideas. This is a book of practices that need to fit into your daily schedule – five days a week – or at least as often as you can commit to doing them.

I have carefully worked out ways to make keeping up with the practices as easy as possible. There's a section in the back of this book that gives ideas for how to make the program uniquely yours. I tell you which ones to start with, and suggest ways to gradually add others as you progress. I'm aware that many of you have time constraints (for example, some of you may be parents with kids to get off to school before leaving for high-pressure jobs) and you'll find suggestions for developing an individualized plan of fewer techniques on workdays in the section on *How To Use This Book*.

Of course, *doing* the techniques is one thing, *continuing* them is another and for that, you need to create new habits. That's why a checkbook-sized *Daily Ritual Booklet* comes with the book. It contains seven weeks of daily checklists to serve as prompts as you go about each day, more than enough time to establish new habits. This booklet also contains photographs and short reminders of some of the techniques that are explained more fully in the text of *HOW TO GROW YOUNGER*, and it's small enough to slip into your pocket or purse so you can take it with you wherever you go.

Each chapter in *HOW TO GROW YOUNGER* provides a wide range of beneficial information on a particular subject that affects aging. One specific age-reversing technique that works for me is culled from that subject for your daily practice. For example, even though a whole chapter is devoted to good nourishment and includes sharing and blessing your food, that chapter's specific daily technique for growing younger is **Drink Fresh Juice or a Smoothie**. You can get a lot of nutrition and

antioxidants from fruits and vegetables without actually having to eat a dozen carrots or 17 stalks of celery every day. When you make juice or a smoothie and drink it, check it off your checklist.

In the chapter on sleep, you'll read about how rest allows our bodies to repair and refresh themselves, but that chapter's specific daily technique for growing younger is **Sleep on Your Back**, which helps counteract the effects of gravity pulling your face to your bellybutton all day. So when you wake up in the morning after sleeping on your back, give yourself a checkmark.

Once you're familiar with the list of 21 techniques, you may wonder why there is not one on gratitude. After all, scientific studies have shown that expressing gratitude can actually improve your heart's rhythmic functioning and aid healing processes. "Be grateful" is not included on the daily list because it is an integral part of every one of the 21 techniques, and is intended to permeate your body, mind and spirit all day, every day. The benefits are enormous when you practice each technique in an attitude of gratitude.

Want to check your progress? Before each of the three parts there is a *Self-Assessment Quiz*. It's a brief questionnaire designed to establish your starting point and then monitor your improvement as you move forward in the program.

Throughout the chapters you'll find helpful resources. The website for each is listed in the References section – so no matter when you read this book, you'll have access to the very latest research.

As always, anytime you embark on a new program of diet or exercise, you should consult your doctor. Bring along the book. He or she might enjoy learning how to grow younger, as well.

Most of all, I want to inspire you to be your best. E-mail me at ellen@howtogrowyounger.com and tell me about your experiences with these techniques, and especially the ways in which your practice is influencing others to change.

One more word on the particulars: be kind to yourself. It's okay to start late, it's okay to start slowly, it's okay if you're unable to laugh some days or make fresh juice or sleep on your back – or even sleep at all. We all have days like that. You will have noticed by now that the title of this book is not *How To Be Perfect*. Because the crazy truth is, you already are perfect.

As you read, you'll see that for me, as I suspect for many of you, it hasn't always been an easy road. I may be choosing a path lit by love and abundance, but most roads – no matter how luminous – have their bumps and detours.

Sometimes I forget that it's Spirit's job, not mine, to determine where I should be. Sometimes doubt creeps in. And then I remember that what appear to be the ups and the downs, the smooth patches and the speed bumps, are all part of the process. And if I keep going, the process itself will lead me where I need to be.

I know that the shift to a whole new world of expanded consciousness *can* become easy and effortless; we *can* change the rocky road and glide in with power, grace and ease. That's the work I am doing on myself so that I can share the "how to" details with you.

* * *

It's About Time

Sometimes – and I believe this is true for all people, not just those of us who have lived long enough to consider ourselves well seasoned – sometimes we try to protect

ourselves, make a shield around our hearts and hopes by living smaller than we actually are.

We tell ourselves we're not strong enough, not tall enough, not smart enough, not pretty enough, not rich enough to do the things we want to do. If we tell ourselves that long enough, it becomes true. And we know it's true because the things never get done. The dreams are deferred, the desires suppressed.

Then we tell ourselves *forget it, it's too late. We're too old to do it.* It seems to me we've been looking at this the wrong way. I suggest that the next time you think *I'm too old*, you pause, gently correct yourself, and replace that with *it's about time. After all, I'm a powerful, magnificent being, capable of infinite creation.* Say it out loud, if only to yourself. Declare it for yourself!

What excites you? What makes your heart race?

Is it about time to learn to surf? To write a children's book? To revive a slumbering libido? To play poker like a champ, or try on that slinky red number with sequins about the décolletage?

Might it be about time you rode your bicycle on each of the seven continents, as did three women friends in their seventies, who had always been too busy to pursue that dream before?

Look around you. We're all in this together. And we can all be proud of one thing: we've come this far. That means we've survived heartaches and car wrecks and near misses of every variety, and along the way we've picked up skills and insight and stories and accomplishments we might never have dreamed of, starting out.

We should take a minute to pat ourselves on the back, and then we should go ahead and get started.

Good thing it's never too late to grow younger.

Joy and Blessings,

Ellen

CHAPTER 1 - SKIN STIMULATION

Millions of Sensory Neurons Can't Be Wrong

<p>Technique #1: Dry brush your skin.</p>
--

Aren't we lucky as human beings to have skin? And to have it feel so good when it's stroked and petted and rubbed and caressed? And lightly tickled, but not for too long. Our spirit knew what it was doing when it covered our whole human body with skin and gave us the pleasures of touch.

Of course, we also think of skin as the stuff that keeps our organs from falling out of our bodies, but in reality skin *is* an organ and the one with the largest surface area.

Skin is one of the first things we notice in another person and when we look in the mirror. It has many functions in helping maintain a healthy body, such as protecting our flesh from infections and eliminating toxins. The skin is the largest of our four major elimination organs; the others are the digestive tract, kidneys and lungs.

Your skin expels substances that are not good for you through your pores and skin cells. Shedding 30,000 to 40,000 dead cells every minute, your skin is not only constantly renewing itself, it's excreting toxins and other wastes through sweat, almost two pounds a day if you're like most people! Skin takes in oxygen and releases carbon dioxide. It also absorbs sunlight fueling the electromagnetic energy that runs your body.

What would happen if our skin couldn't breathe? We'd die. Remember the film *Goldfinger*? The bad guy murdered by painting a living body with gold, which cut off the body's ability to breathe. (Don't try this at home.)

In truth, your skin is a most valuable gift – one that clearly mirrors your inner state. Treat it well and with gratitude. You can make a huge difference in your health, your looks and your consciousness by tending to your skin and other elimination organs, making sure they're functioning well and regularly aiding these built-in cleaning systems.

Along with regular physical activity, eating and thinking right, getting sensible sun, and drinking plenty of pure water (all addressed in other chapters of this book), one of the best ways to have your body grow younger is to detoxify it. Although this happens automatically on a daily basis, it is vital that you have a regular program of good skin and digestive tract hygiene to keep your elimination organs from malfunctioning.

For the skin, it's a daily program of dry brushing according to the instructions below; for the digestive tract, it's a cleanse up to four times a year – or more often depending on your health.

There are two sources I highly recommend for learning about good digestive tract hygiene: one is *Health Begins in the Colon* by Dr. Edward F. Group III, DC, ND, DACBN. The other is *Curing the Cause and Preventing Disease* by Dr. Steven Ross. Their websites are listed in the References section.

Dry Brushing Each Day Helps Keep the Toxins Away

Since your skin is the largest elimination organ, it's a good place to start. The best way to detox your skin and keep your lymphatic system functioning properly is to dry brush your skin.

When you dry brush your skin, you stimulate the lymph canals that draw off the toxic mucoid matter from your blood and cellular fluids and dump it into your colon. Unlike the heart, the lymph system has no pump so mild pressure helps it do its job. Dry brushing becomes a holistic arrangement in which you work in tandem with your body to

make two things happen: you get rid of dead skin cells and you quietly help your filtration system do its work.

The lymph nodes, probably better known to us as lymph glands, are an immunization system. It's in these nodes that stored white blood cells filter metabolic waste materials through the lymphatic system. Lymph nodes are under the arms, in the groin, inside the chest, abdomen and pelvis, and behind the knees. (All the ones under my right arm are gone. They were surgically removed after my bout with breast cancer in 1992 – discovered through a routine mammogram. It's not coming back. Enough said.)

Dry brushing not only helps the fluid of your lymphatic filtration system clean up the toxins, poisons and metals, it also makes your skin healthier and cleaner, increases blood circulation, stimulates your skin's natural oil glands which helps relieve dry skin, and helps absorb the nutrients you apply with lotions and oils. And it *feels* good, invigorating your whole body.

How To Dry Brush Your Body

- Use a natural bristle brush – never one with synthetic bristles. Most likely you'll be doing your own dry brushing (a lover might get distracted) so get one with a long handle that's part of the brush, not glued on. That way you can reach all the areas of your body. Body brushes are usually found in health food stores. You want moderately stiff natural bristles, so it's best to try it on your hand before buying it.
- If you've never brushed your skin, or haven't in a long time, brush softly and gently every other day for the first week. Your skin needs some time to get used

to the rough feeling and you don't want to stir up the toxins too vigorously when first starting.

- Do not brush your face or nipples with the body brush. Do not brush skin rashes, wounds, cuts, infections or other skin problems.
- Your body and the brush should be dry. It's ideal to dry brush your skin in the morning before you take a shower.
- Every few weeks take your brush into the shower with you and wash it in soap and water. Then let it dry.
- Have fresh, pure water ready to drink.

Okay now, here's where we start the process:

- Get naked.
- Always brush towards your heart. I'll say that again because it is so important: always brush towards your heart because brushing or massaging away from your heart can cause the little valves in your veins to become blocked or damaged, leading to varicose veins. Your veins are loaded with actual valves that are meant to open in the direction leading back to your heart.
- When you brush, *feel* what you're doing while you're doing it. That means put your consciousness on the part of your body that you're brushing. This will help keep you in the present moment, because while you're *feeling* the sensation of the brush against your skin, you will be *right here, right now*. Your mind chatter will begin to quiet down.
- Treat the act of dry brushing your skin like a sacred ritual – stay attentive to what you are doing and adopt an attitude of love and gratitude. Love your body. Get into the habit of telling your body you love it. And thank each part; some

Comment [L11]: I would use personal ritual instead of sacred. That's a pretty loaded word for a lot of people.

suggestions for ways to do that while dry brushing are below. Loving and thanking your body are extremely important aspects of this process because there is consciousness in every cell of your body. Your cells will react one way if your attitude is love and another if your attitude is fear or loathing. (In the chapter on *Clearing: Unblock the Flow of Youthfulness* – you'll get instructions on a process for releasing any negative emotions.)

- Start brushing the soles of each foot. Brush back and forth while feeling the sensation and say out loud or silently, something like: *I love you, foot. Thank you for helping me balance. Thank you for giving me a sturdy foundation when I walk or run.* Or say whatever comes to your mind that is loving and appreciative of the body part you're brushing. The exact words aren't important; it's the *feeling* behind the words that matters.
- For the rest of your body, use long, smooth strokes – always towards your heart. Brush each leg starting at your toes and continue up to your hip. Brush the rest of the entire surface of each leg, starting at your shin or heel up to your hip. (It's okay to brush all sides of your leg halfway up first and then continue from your knee to your hip. Just be sure you don't skip behind your knees.) While brushing, say something like: *I love you, leg. Thank you for carrying me around.* And if it's true for you as it is for me, you might also say: *I love you just as you are and I'm sorry I've said countless times: I don't have nice legs.*
- Brush your belly, butt and lower back with smooth, upward strokes, then your arms from your fingertips up to your shoulders, and then brush down your neck and chest and upper back, while thanking each part and telling it you love it. Say whatever you feel inspired to say.

- After you finish brushing, your skin will glow. Take a warm, short shower to wash away the dead skin cells. Use gentle soap, preferably one that contains moisturizer, since regular soaps are too harsh and can dehydrate your skin.
- Drink at least 8 ounces of water to flush away the toxins.

* * *

Hydrate That Wonderful Face and Body!

After you lightly blot your body with a towel, while your skin is still damp, use the same upward strokes – always towards your heart – to apply your moisturizer. Water is the most precious gift for your skin and moisturizing before you're completely dry hydrates by sealing the water into your skin.

There are many types of skin creams, oils and lotions on the market. Some show before and after photos that look too good to be true - and they usually are. I must confess that a couple of times I've given in to the temptation to try some "miracle" cream that cost a king's ransom and promised to remove wrinkles and give me youthful skin. Luckily they had money-back guarantees because so far, none of those worked.

You may need to try a few different products in order to find the moisturizer that works best for your skin type. Look at the ingredients listing to find an oil, lotion or cream that contains only natural ingredients without preservatives or other chemicals which are often included to add color, scent and/or change consistency. (See References listing for websites with descriptions of common cosmetic ingredients to avoid as well as properties of many beneficial botanicals.) Pure vegetable oils that are absorbed easily and hold moisture in the skin include sesame oil, olive oil and coconut oil.

However, there are creams and oils I've found that are excellent moisturizers and help keep your skin youthful-looking.

One is shea butter. Not shea butter mixed with other ingredients. It needs to be 100% unrefined shea butter. It comes from the nut of the shea tree that grows wild in the dry savannah belt of West Africa. Shea butter contains remarkable healing properties, is a superior moisturizer and is so natural you could eat it. You need to rub it between your palms to liquefy it before smoothing it on your face and body. It's excellent for keeping your fingernails from splitting and cracking and it takes just seconds to dig your nails into a small container of shea butter. Do this several times a day, particularly after you have your hands in water.

If you have very dry skin, castor oil is another excellent moisturizer. Add frankincense and sandalwood – a few drops of each – to 8 ounces of castor oil. Both of these essential oils are tonics for the skin and help rejuvenate aging skin, and the castor oil mixture applies easily and quickly. The downside? Castor oil can stain sheets so consider wearing long-sleeved pajamas to bed. For a lighter oil, you might try pure sesame oil.

Keep in mind that your skin is absorbent and whatever you put on it is absorbed into your body, which is one very good reason to steer clear of chemicals – even if the product containing them smells and feels good. How you treat your skin is another way you can show that you love and appreciate the body that houses your spirit.

* * *

Stimulation, Anyone?

Ooooooh. Aaaaah. That feels sooooooo good.

Ever have someone wash your hair and massage your scalp? It feels so good, you're glad your head is leaning back over the sink so you won't drool on your chin.

It's a time for allowing your consciousness to go to your scalp and just *feel* the pleasure. This is not a left-brain *thinking/talking* experience; it's one of those right-brain *feeling* experiences.

Scalp massage has been used by many cultures throughout history to stimulate hair growth. I can't vouch for that, but it does increase blood circulation, which is needed to bring oxygen and nutrients to the hair follicles. Of course, the top of your head is one of the most difficult places to get blood flowing since we usually just keep our head upright and let it sit there all day. Scalp massage is the best way to get blood circulating at the top of your head and help prevent hair loss (or perhaps even stimulate new hair growth, as some folks claim.)

Scalp massage has other benefits, too. When you massage your scalp (or better yet, have someone else do it for you), you activate neural pathways to the brain and stimulate dormant brain cells. Yes! We can increase our brain power without even struggling with Sudoku.

Comment [L12]: Im not sure how 70% of nervous system supports the premise that scalp massage stimulates brain cells. ??

Here's one way to massage your scalp: use the balls of your fingertips of both hands and rub in gentle, circular motions over one small area of your scalp while you count to five. Then, with your fingertips in the same place, rub in circular motions without moving your fingertips, allowing only your scalp to move while you count to five. Then move on to the next place on your scalp and continue until you've massaged your entire scalp.

Another method to use for stimulating your scalp is pulling your hair, usually before your shower and after dry brushing your skin. It takes just 15 to 20 seconds total, so try this (but get your doctor's permission first): Bend at the waist and let your head fall forward. Keep your legs straight, feet hip-width apart. With each hand take a small

bunch of your hair at the roots and gently yank 3 to 5 times rapidly. Then move to the next clusters of hair and continue that process until you've covered your whole head.

WARNING: The first time I did this was several years ago when I was in my late 60s. I was naked and when I bent over at the waist, I was unprepared for the shock of what my eyeballs were staring at. Not a pretty sight! I just hadn't looked at myself naked in an upside-down position in a long time so I was caught by surprise. If my breasts were larger, they might have covered my belly, but I'm not sure I was ready for that picture either.

I am a proponent of loving yourself just as you are, so if you don't like what you see when you bend at the waist and pull your hair, tell your belly and boobs you love them as they are and thank them for doing their job (and still being there) – or wear clothes.

* * *

More Treats For Your Body

Another nourishing form of skin stimulation is body massage. Massage is actually an ancient form of healing, opening our energetic pathways to receive unlimited energy from the universe. This healing touch helps your body activate its natural restorative powers, stimulating your own healing systems, which makes your body grow younger. It also feels incredibly good.

There are many variations of massage; some, such as deep tissue massage, require advanced training and a thorough understanding of anatomy and physiology, which a licensed massage therapist has. But education and a license are not enough. You want someone whose energy resonates with yours. How do you know if it does? Talk with that person and listen to your body. You know how it feels to be standing close to

someone you're fond of – your body and emotions send signals to your brain that say *I really like this person* and you feel very comfortable. You also know how it feels to stand close (your body won't let you stand *too* close) to someone you're not comfortable with. Use those feelings to see how you resonate with the massage therapist. Then try a massage and see if they give you their total attention and are quiet during your session.

The most common types of massage are:

- Swedish Massage, which is very gentle and relaxing. The therapist uses massage oil and gently kneads the superficial layers of muscle.
- Deep Tissue Massage, which targets deeper layers of muscle and connective tissue and besides using their hands, the therapist may also use their elbow or knee.
- Hot Stone Massage, which utilizes heated, smooth stones on particular body points to loosen tight muscles and balance the body's energy centers.

Reflexology is another form of bodywork. It usually targets only the feet and is based on an ancient Chinese therapy. For more than 5,000 years reflexologists have used this system, affecting each important organ and muscle through a connecting network of nerves that can be traced to points on the foot. It involves applying pressure to specific areas of each foot that correspond to specific parts of the body to stimulate the body's natural self-curative abilities.

If you don't have a trained reflexologist in your area, consider wearing Acu-Life Massage Sandals, as I do most mornings. They have hundreds of little rubber "fingers" to stimulate the nerve endings in your feet. This sets in motion an electrochemical impulse, thus releasing healthful energy along the nerves to corresponding organs.

* * *

Getting Back In Touch

In our over-stimulated world we tend to screen out many sensory perceptions to reduce the “clutter.” Take our sense of hearing, for example. If you live in the city, you don’t actually hear all the engine sounds, sirens, voices, radios and so on that are bombarding your eardrums. If you live in the high desert of Taos County, NM, where I am, you know it’s dog country and many people have more than one, including my soft-hearted friend Jerry, who has five! At night they all seem to do what dogs love to do most, except eat and sleep: bark - but most of us have tuned them out. The brain automatically tunes out non-essential sounds so we can process the ones we want to pay attention to – like a baby’s cry, squealing brakes or a song that brings back memories of our high school sweetheart.

Without even thinking about it, we decrease our conscious awareness of many things our senses pick up, which is not always to our advantage. With the busyness of modern life and focus of our thoughts on the past and future, we have become less conscious of the sights, sounds, smells, tastes and especially sensations of touch, that are here in the present moment. In this chapter on Skin Stimulation, we’ll explore ways to re-sensitize the skin and become more conscious of touch.

In preparing for this section, I’ve had to ask myself if I actually felt the sensation of the breeze on my skin when I let the dog out or opened the window this morning. Did my awareness go into my skin and did I experience the tactile sensation? No. Even though the breeze was chilly and probably gave me goosebumps, did I focus on the sensation? No. So I missed some sensational experiences - literally.

Most likely you, too, feel there's great potential for sensory experience through the skin, so it's worth it to take some time to become re-sensitized – and have fun doing it!

First, you need to override the screen-out-sensations process by consciously choosing to focus your attention on how things *feel*. Not just how things feel when you touch them with your fingers, but also how things feel to the soles of your feet; how things feel to the skin all over your body.

One of the gifts of being young is delight in discovering sensations. I recently bought a Touch and Feel book for my grandbabies, Lilya and Camille. While I was in the kids' books department, I ran my fingers over every page of every Touch and Feel book there. Just couldn't resist!

Here are some ideas to get you started re-sensitizing your skin, and once you get going I'm betting that sensitive, sensual part of you will jump in and give you many more ideas.

- Get a feather or piece of string or yarn, remove your shirt, close your eyes and lightly trace a line on the exposed parts of your body. Really *feel* it.
- Walk around your whole house barefoot and notice the different textures. If you feel like it, bare your body, too. If it's been years since you've done that and there's no one around who will be alarmed, but you're feeling a little shy, just say: *it's about time. After all, I am a powerful, magnificent being, capable of infinite creation*, and go ahead and create sensations!
- Put your face up when you shower and try to capture the sensation of each trail of water as it cascades down your body.

- Wiggle your toes in mud or sand or clover – or jump in a rain puddle – whenever you get the chance! Then, if the situation allows, wiggle your rump in there as well – cover your legs with the mud or sand. Just play in the sensations as if you were three years old again.
- Rake up a pile of crisp, crunchy leaves and jump in it. Then have someone wash your hair. (Did I just hear *oooooh... aaaaaah... ?*)
- Sleep naked. Better yet, sleep naked on satin sheets!

* * *

My Kingdom For a Hug

The need to touch and be touched is formed early in our development in the womb, and as young children we continue to want to connect with others by being cuddled and embraced. Many researchers have documented the need for babies to be held and touched as well as the poor development, both mental and physical, of infants deprived of touch.

In our adult lives, we often become unaware of just how much we need that physical connection to others. Too often we find ourselves in solitary lives and don't realize how very essential to our health and wellbeing – and yes, to growing younger – it is to connect through touch.

Make it a point to connect through touch every day, if possible, and really feel the energy pass between you and another person, or you and your pet. This is healthy both as a physical comfort and as a signal to your emotional self that you're not alone in the world; you are connected to the family of Earth.

Let's remind ourselves that there are many ways to incorporate touch into our daily lives, one of the easiest being a hug. A hug can express friendship, comfort, caring

or passion. When you're hugging, pay attention to every aspect of your hug, starting with focusing your mind totally on what's happening at the moment. Prompt yourself: *ah, hug time*, and allow other thoughts to gently pass on while you put your total awareness on the person or animal in front of you.

A perfunctory clasping of another person to your heart or shoulder doesn't count as a hug if your mind is judging what they're wearing or you're wondering how quickly you can get back to what you were doing. If you have genuine affection for the other being, linger a moment and take in all that your senses are perceiving in those few seconds.

If a grandbaby is sitting on your lap and you're engrossed in a magazine while she's sitting there, and the baby begins to tenderly explore your chin, your mouth, your nose, your eyes, resist the temptation to push her hand out of the way. Instead, take that as a cue to become totally involved in the touching experience. Put the magazine aside and become aware of what is happening within her and within yourself. No doubt her expression will be serious, her mind totally in the present moment. Instinctively, she knows it's a face she wants to be close to because she can almost taste the glorious, radiant love you have for her. Sop it up! This touching experience is a gift to you both.

I know that a dog's need for touching seems almost insatiable and we can't always stop whatever we're doing to have a petting session, but at least a few times a day remind yourself: *ah, hug time*, and put your awareness totally on your dog (or other pet). This will expand your consciousness and benefit both of you. Give him a fur-stirring, hefty hug. Put one arm around his neck and squeeze him so close you can smell the doggy smell you hated when you first rescued him, but now tells your nose it's family. With the hand of your other arm vigorously rub his back and enjoy what this touching is

doing for you. Be aware of how much love he's passing on to you while he's adoring you, swallowing with emotion, and begging you with his eyes not to stop.

How wonderful if you have a lover (spouse? partner? other?) to share the experience of touching and being touched. When love is new, the brush of a lover's hand against your arm or playing footsies under the table brings a rush of excitement through your whole body. And you go out of your mind – literally! All thoughts are erased and you're just conscious of the *feeling* of what's happening right here, right now. That initial excitement eventually fades but there's the opportunity to have the love ripen into something deeper, more meaningful and lasting if we remember to take time for the experience of touching and being touched, and really savor it.

When you're reading in bed and feel your lover's delicate tickling to tempt your body, even if you're not quite in the mood, remember: *ah, hug time*, expand your awareness of what's happening at the moment and relish the sensation of being touched. Permit other thoughts to gently pass away while you give in to the blossoming of desire gently rising from the tips of your toes to the top of your head – waking up the millions of exquisite tactile sensors in your skin during slow, sensuous foreplay. Then allow the fire of passion to arouse and inflame you, taking you beyond the bursting point, then transporting you to the blissful heights of ecstasy. Arms around you afterwards will feel so good because you're heady with love that is more than physical, more than emotional – it is two magnificent spirits uniting and you cherish the intimacy of the present moment. And it's okay, really okay, if you then ask your lover: *did you remember to switch the clothes into the dryer?*

APPENDIX A

**Articles Accepted by
*Bliss Magazine***

**A Start-Up Magazine for Women 25 to 45
Founded by Maimah Karmo, www.tigerlilyfoundation.org**

Bliss Magazine

FALL 2008 issue: HEALTH & HEALING Theme

YOU ARE THE ARTIST OF YOUR LIFE

By Ellen Wood

“Get used to the idea. Your pancreas is never going to work again.”

Those were the words that greeted me on my first visit to an eminent gastroenterologist after I had spent three weeks in the hospital with pancreatitis in March of 2007. The doctor had looked at my medical records and the MRI and concluded that I would have to take pancreatic enzymes for the rest of my life.

I held up two index fingers and crossed them as they do in the movies to banish vampires or similar unwanted evil-doers.

“Don’t tell me that. Don’t put those thoughts into my head,” I told him.

He laughed at my gesture, but repeated in as gentle and kind a manner as possible, “The damage is already done. Your pancreas is never going to work again.”

As I left his office with a prescription for pancreatic enzymes, I remember thinking that I would take the enzymes, but I would not allow his opinion to influence me. Perhaps my pancreas *was* in bad shape, but I would love it back to good health just as I had loved my breasts after a bout with breast cancer in 1992.

For most of the trip home, I said, “I love you, pancreas. Thank you, pancreas, for all the good work you do for me.” For the next month I continued telling my pancreas, out loud and silently, that I loved it. As often as I thought about it, I cooed words of encouragement for my pancreas to become well again.

One month later when the results of a subsequent MRI were ready, the doctor ushered me into his office and closed the door. Then he handed me the MRI report, and asked me to read the results out loud. The report said that my pancreas was perfect!

Now I'm not saying that this is all you need to do to recover from a major illness. But what I *am* saying is that every cell in our bodies responds to every thought we think and every word we speak.

We are not really dense matter, as it appears. All the cells in our bodies are made up of sub-atomic particles that are in motion. That motion is powered by our electro-magnetic energy, so at the core we are energy – just as everything is.

Quantum physicists were startled to discover that the thoughts and expectations of those conducting various experiments influenced the results of the experiments – that matter responds to the energy of thought. This means that *you*, through your thoughts, beliefs and emotions, influence what is going on in your body.

View your brain as a master computer with programs running everything that goes on in your body. When you hear something that scares you – screeching brakes or a scream, for example – your brain instantly sends signals that create a physical response. Your attention goes to the sound and all other activity and thoughts are interrupted. You may actually feel a surge of adrenaline and feel your flight response go to “ready.” You didn't consciously decide to have these responses – they are the result of survival programming that exists in your brain.

We have many such “programs” running in our brain; programming we didn't actually choose but that has come to us either through the genetic inheritance of our species or through conditioning accumulated through our lives. Our families, our schools,

our society, the media – all the experiences and input are recorded in the subconscious mind. This “data” influences the conscious mind, as well as what we do unconsciously.

Your thoughts and beliefs actually impact your physical reality, including your body; so examine those thoughts and beliefs. You’ll probably discover, as many of us have, that your mind is filled with embedded ideas about your body, your health, your expectations – ideas that are not helping to create the health, vitality and beauty that you desire.

Start by being the witness and observing your thoughts. Notice when negative programming and conditioning are spawning negative mental chatter or spoken words.

For example:

“It’s all downhill after 40.”

“Women in my family always get ovarian cancer.”

“Getting pregnant after age 35 is risky.”

“This job is killing me.”

“Will he leave me for someone younger?”

Notice when you have thoughts like these and consciously erase that thought; replace the negative mind chatter with positive affirmations. We all have thought habits and we can change them with intention and practice. Create more of what you *want* in your life by choosing positive, affirming and appreciative thoughts.

Instead of hearing the voice of the critic in your head, go to your heart and shower yourself with love. You do, after all, possess the power to impact your own health and well-being.

A PROPOSAL FOR *HOW TO GROW YOUNGER* BY ELLEN WOOD

Ellen Wood is an inspirational speaker and author of *The Secret Method for Growing Younger: A Step-by-Step Anti-Aging Process Using the Law of Attraction to Help You Stop Aging, Grow Younger and Enjoy Life*. For more information, go to www.howtogrowyounger.com

Click here (link) for this issue's *Practical Tip from Ellen Wood*.

(Link page:)

Print a copy or two of this page, cut along the dotted lines and put the tips where you'll see and use them; e.g. on your desk, in the kitchen, on your bedstand, near a mirror.

Whenever you see this tip, witness your thoughts. Ask yourself: What am I thinking right now? If your thought is positive and life-affirming, reinforce it and be grateful. If your thought is negative and detrimental to your well-being then, without judgment, change it. Turn it into a cheerful, optimistic affirmation.

Bliss Magazine's Practical Tip from Ellen Wood

What am I thinking right now?

Bliss Magazine's Practical Tip from Ellen Wood

What am I thinking right now?

Bliss Magazine's Practical Tip from Ellen Wood

What am I thinking right now?

Bliss Magazine

WINTER 2008 issue: DARE TO DREAM theme

CHANGE THE IMPOSSIBLE TO THE POSSIBLE

By Ellen Wood

How do people accomplish amazing things?

How does a young man working for a mobile phone store in Wales end up as a globally-recognized operatic tenor whose first CD sold more than two million copies?

How does a young woman who lost her sister to breast cancer create a multi-billion-dollar organization, the largest non-profit source of funds dedicated to fighting breast cancer in the world?

They dared to dream.

Henry Ford is often quoted as saying, “If you think you can or you think you can’t, you’re right.”

Every creation – from the Peace Corps to the pyramid at Cheops to the worldwide web – began as an idea, a dream.

What is your dream? We can get so used to taking work home while we’re climbing the corporate ladder, stretching out day-to-day responsibilities that use up a lot of time and energy, watching mind-numbing TV to release the stress of a high-powered career – that we can actually lose touch with our dreams. What would you do if you knew you couldn’t fail?

That’s a pretty hefty question and one I happened to read on a paperweight a long time ago. You never know how guidance will appear!

Here's what I dared to dream: that I could stop aging and grow younger. Sound like a pipe dream? Actually, it's not. Once I was clear about what I wanted and set my intention, all kinds of ideas and inspiration started coming to me. I started working with the Law of Attraction using techniques I'd applied in other areas of my life to attract what I wanted – like more income, less stress, happier relationships.

The Law of Attraction is simply a universal law – sort of like gravity – that works all the time. It means that the energy you put out is the energy you attract. Ever notice how when you get all depressed and pessimistic, bad things keep happening? Even if they're small things like: you spill coffee on your clothes when you're running late for an important meeting (well, maybe that's not so small) or you finally get a parking spot at the mall and discover you left your wallet at home.

On the other hand, can you remember a time when you were happy and feeling good, and everything just fell into place? You were craving spinach quiche and got the very last piece; the impossible-to-reach person actually answered the phone; that missing favorite scarf resurfaced in your closet. Amazing how it works! Your energy attracted “like” energy.

Working deliberately with the Law of Attraction is a powerful way to turn your dreams into reality. Once I got clear on my dream I began saying “With every breath I take, the cells in my body grow younger,” over and over, especially whenever I came across it on the slips of paper I had scattered around the house for myself.

I said a lot of other affirmations too, and examined my mind to see what kind of conditioning was already there about what it looks and feels like to be old. And observing my thoughts and words became a consistent habit to stop any negative programming about aging *as it was happening* – even in mid-sentence; for example, “uh oh, I'm having

another senior mo....” Now it’s rare for anything negative about aging or my future to escape my lips.

Books about reversing typical aging processes seemed to almost magically appear, and I meditated. All kinds of information started showing up around me and in my meditations that helped me develop a set of practices and techniques that worked!

That’s right. I dared to dream of growing younger and actually did it. I’m *still* growing younger, and I’m having a lot of fun sharing what I’ve discovered with others. I’m certainly not the only person who looked into the future that seemed to be predictable - with nursing homes, dementia, loss of motor control – and recoiled. If I had accepted all the prevailing views, I would have believed that future was unavoidable. My mother wasted away with Alzheimer’s Disease so wasn’t that to be my fate as well?

No, thank you. I dared to dream a different future into reality.

Maybe you would like to join me.

What would you do if you knew you couldn’t fail? Open up to the possibility – dare to dream. Go further than that: once you know what your dream is, back up your desire with passion and strong emotion and *expect* it to happen! Then watch for the clues the Universe will send you. It’s a beautiful kind of magic that changes what we used to think was impossible to the possible.

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(Link Page)

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Whenever you see this tip, ask yourself: What would I do if I knew I couldn't fail? Don't be concerned about getting an answer. Just ask the question as often as you see it; your subconscious mind will do the rest. When the answer comes and you begin on your new adventure, be sure to let us know at *Bliss* Magazine. We want to rejoice with you.

***Bliss* Magazine's Practical Tip from Ellen Wood**

What would I do if I knew I couldn't fail?

***Bliss* Magazine's Practical Tip from Ellen Wood**

What would I do if I knew I couldn't fail?

***Bliss* Magazine's Practical Tip from Ellen Wood**

What would I do if I knew I couldn't fail?

Bliss Magazine

SPRING 2009 issue: YOU ARE BEAUTIFUL theme

THE BEAUTY SECRET THAT COULD CHANGE THE WORLD

**By
Ellen Wood**

What makes a woman radiant?

What can you do in an instant to make yourself glow?

It's so simple: Love yourself exactly the way you are. Love everything about yourself – including the parts of your personality you wish were different. They could be hiding your greatest strengths.

Love your body exactly as it is. When you give your body love and appreciation – and let go of the critical self-talk we women are so prone to – you

- release stress,
- feel happier and more comfortable in your body,
- carry an energetic vibration of appreciation and acceptance
- and become more beautiful.

How you picture yourself and your appearance influences how others see you.

Think about it. Part of how you perceive a person's appearance has to do with your sense of the energy they carry and the emotions they are feeling. In his book *Social Intelligence*, Daniel Goleman writes about the latest findings in biology and brain science. He tells us about research that shows how connected we are, brain to brain, with those around us, and how those interactions can have actual physical consequences. We can "catch" another person's emotions, just like a cold or love fever. And those emotional reactions have a biological influence by launching surges of hormones that can harm or

improve our bodies.

You know the way you can sense something about a person you're meeting for the first time? You may feel very good around that person and feel drawn to him or her – or you may just want to keep your distance. You're responding to their energetic vibration.

The energetic vibration you carry affects your appearance, and your thoughts create your energetic vibration. When you love yourself exactly as you are, you vibrate with a lovable, beautiful energy and others can “catch” your love emotion. Just imagine what our world would be like if we all did that!

The latest bioscience tells us that there is an “intelligence” in each cell in our bodies; that communication occurs between these cells. The brain responds to positive emotions with higher levels of endorphins and we feel happier and less stressed.

Why is this so important to your health and beauty? Because stress is the underlying cause of most disease and illness and is the number one aging factor. Stress raises levels of the adrenal hormone cortisol, which is useful if there's a crocodile nipping at your toes. It gives your body that boost in energy sometimes necessary for survival. However, when it's triggered not by a calamity that requires extra energy, but by mental anguish, the cortisol stays in your system. This stress-induced cortisol increases internal generation of free radicals, disrupts normal metabolism and leads to all kinds of undesirable physical results.

So love your body – just the way it is. Really love it! Feel the *emotion* of love. If it helps, close your eyes and search your memory for a time when you had a strong feeling of love. You just want to feel the emotion – then you can drop the memory.

What does that joyful emotion feel like in your body? Do you have a feeling of lightness – like you can walk on air? What’s the sensation in your heart area? In your head? Allow that loving feeling to zip up and down your body. Relish the sensation while you tell yourself how beautiful you are. Look in the mirror, smile at yourself, feel the emotion of love and say, “You are beautiful. I love you exactly as you are. I am grateful for who you are. You are magnificent.”

Practice this often but don’t skip the gratitude part. Studies at HeartMath Institute, a global leader in research on the links among emotions, heart-brain communication and cognitive function, show that practicing the positive emotion of gratitude can actually improve your heart’s rhythmic functioning.

Frequently tell yourself how wonderful you are and how grateful you are to be you while feeling a joyful, loving emotion. Stop whatever you’re doing, take a few deep breaths and really experience the love in your silent or spoken words. Do it especially when it’s important to make a good impression, even though you’re feeling butterflies in your belly. For example, right before:

- you walk into the boardroom to give your presentation
- an audition
- a date with your new lover
- meeting your partner’s children – or parents
- your first day on the job

The bottom line is – the stress you create with negative thoughts about your body causes aging, illness and even disease. So let go of the stress, love your body and shine with beauty and radiance – because the crazy, divine truth is, you are perfect just the way you are!

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Click here (link) for this issue's *Practical Tip from Ellen Wood*.

(Link page)

Print a copy or two of this page, cut along the dotted lines and put the tips wherever you have a mirror. Keep one in your purse near your pocket mirror and one in the car to use before you drive off.

Whenever you see this tip, look in the mirror, feel the deep, heartfelt emotion of love, and say the words out loud or silently.

***Bliss* Magazine's Practical Tip from Ellen Wood**

Look in the mirror and say:

**I love you exactly as you are.
You are magnificent.**

***Bliss* Magazine's Practical Tip from Ellen Wood**

Look in the mirror and say:

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APPENDIX B
SAMPLING OF WHAT PEOPLE ARE SAYING
Workshop Participants' Comments
Event Planners/Hosts Testimonials
Physicians/Authors Endorsements

WHAT PEOPLE ARE SAYING ABOUT ELLEN'S WORKSHOPS:

"[I liked] her enthusiasm, positive energy, walking her talk, very convincing, rational approach, do-able."—Samuel Kewasz, CA

"Her enthusiasm and energy; Ellen's radiance is empowering. She is a beautiful spirit with a valuable gift to share with the universe. I am lucky to have met her."— Kelly Ann Pappa, W. Simsbury, CT

"Great eye contact, candor and humor; her passion—believability, the information, the freshness of her delivery. Ellen is literally a living, growing example of her teaching."— Susanne Bell, Silver City, NM

"The clarity of thought and presentation—good connection, enthusiasm, warm, fun, real tone."—Howard Jay Rubin, Claremont, CA

"[I liked] hearing this new material she's bringing into the world. It's so important and the material so original, so exciting. Blessings to Ellen for bringing it forth. She is changing the planet."—Veronica August, Asbury, NJ

"I felt I started to grow younger just hearing that Ellen started her transformation only a few years ago. Very inspiring. Gratitude!"—Anne Kious, Questa, NM

"I liked best that I should remember to love myself." — James C., Albuquerque, NM

"Fun, entertaining, personal—comes from her life and success—a gift to us."— A.C., Ridgefield, CT

"With improving everyone's attitude, we could empower our society to live better, be healthier and love one another." — Marie Montano, Albuquerque, NM

"Fast moving presentation – very informative – interactive. I liked the bookmark which we can use on our own. — Ethel W., Espanola, NM

"Ellen has a great energy in her presentation. Her enthusiasm makes us want to pay attention. She is engaging and therefore we are engaged."—Jacques Duvoisin, NYC

"The energy! The information was inspiring. I wish my mother could have attended." — Jackie Deen, Roswell, NM

"[I liked] her energy. She was able to create energy in every aspect of her presentation and that energy actually permeated my cells with that same exuberance. After 20 minutes I felt more alive than I've felt in a long time—thank you."— Sheila D., Pomona, CA

“...she reaffirms what I have been realizing more and more after age 40—growing older isn’t optional but being ‘old’ in the negative, traditional sense of the word IS optional. I am so glad to hear from a woman so intelligent and articulate that this is something to look forward to!”—Laurie Lyn Childs, CT

“Her enthusiasm really convinced me! I started feeling younger and stronger and more energetic during her presentation.” —Judy Schaefer, Taos, NM

“She was full of energy and got it through to me.”—Helena McGeehan, Brocton, PA

“...connection to the audience, authenticity, gentle delivery, but very alive, very warm and believable.”— B.T., Taos, NM

“...having a true to life role model so that we know aging younger is possible.”—
E. Cotterman, CT

“The positive that shined throughout the room. Thank you so much for all the positive. I needed this to continue on my journey of life.” — Janie Moya, Albuquerque, NM

“Her positive energy – uplifting and re-energizing. — Martin Macias, La Mesa, NM

“Good message about accepting yourself as you are.” — R.J., Santa Fe, NM

“Her motivation and wonderful energy. She is inspiring and beautiful. Ellen is not only beautiful outside – but she has a beautiful soul.” — Sylvia M. Etsitly, Window Rock, AZ

“She ought to be on Oprah.” — M.F., Santa Fe, NM

“Ellen is dynamic! Love the material – ALL of it. She is awesome! — Chris Woodward, Albuquerque, NM

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WHAT EVENT PLANNERS/HOSTS SAY ABOUT ELLEN'S PRESENTATIONS

"Engaging, smart, funny and extremely inspirational, Ellen Wood is a gifted speaker and any Event Planner's dream come true. Ellen Wood's presentation in Princeville was a huge success. Our standing room only audience was so energized by her enthusiasm and dynamic presence, I'd love to have her back."

Bea Enright
Event Coordinator
Princeville Community Center
Princeville, Kauai, Hawaii

"Ellen Wood so inspired an audience of 75 workshop attendees at our 30th Annual NM Conference on Aging and was so well received that we have invited her to give the keynote address to a larger group of seniors and the professionals who work with them at our winter Aging Network Training event. Conference on Aging attendees, through their written evaluations, described Ms. Wood as up-lifting, re-energizing and positive! Ms. Wood is a very entertaining and engaging speaker who would be an asset to any organization."

Lynne Anker-Unnever
Aging Network Division Director
New Mexico Aging & Long-Term Services Department

"Ellen was not only one of the most dynamic speakers we have ever had for our bi-annual Aging Network Training, but she also delivered a message of inspiration to all ages! She challenged us to live life fully, and gave us tools to live with love, happiness and vitality so we can, in fact, grow younger. Thank you, Ellen."

Cindy Padilla
Cabinet Secretary
New Mexico Aging & Long-Term Services Department

"Ellen Wood's dynamic energy was instantly noticeable when she entered the room. She made us take notice and want what she has. Best of all, she gave us the tools to get there."

Jose "Tino" Romero
Executive Director
Ancianos, Inc., Senior Citizens Programs
Taos NM

**WHAT NOTED PHYSICIANS AND AUTHORS HAVE TO SAY ABOUT
THE SECRET METHOD FOR GROWING YOUNGER BY ELLEN WOOD:**

Excerpt from the Foreward: *"Ellen Wood has integrated this century of positive thinking and its effect upon health to the next level – its power not only to retard aging but to reverse it!"*

C. Norman Shealy, MD, PhD

President, Holos University Graduate Seminary
Founding President of American Holistic Medical Association
Author: *Life Beyond 100 – Secrets of the Fountain of Youth*
www.normshealy.com

"Ellen Wood has truly laid claim to her authentic self and, at 71, is providing a powerful and inspiring model for living a joyful, energized life at any age."

Marianne Williamson

Internationally acclaimed lecturer, and New York Times #1 bestseller
Author: *The Age of Miracles - Embracing the New Midlife*
<http://marianne.com>

"Ellen's simple-to-follow method will help you feel young and vital again."

David Simon, MD

Medical Director, Chopra Center for Wellbeing.
Author: *Grow Younger, Live Longer*
www.chopra.com

"This book presents the perfect blend of ancient wisdom and modern thinking. Ellen's practical method guides the reader along the bright path to health, joy and youthful living."

Steven Ross, MD

Author: *Curing the Cause & Preventing Disease, A New Approach to the Diagnosis and Treatment of Illness and Aging with Functional Diagnostic Medicine*
www.drstevenross.com

"Ellen's step-by-step guide for claiming youthfulness encourages you to find your center, live your truth and celebrate joyfully all of those deep connections in your life."

Larry Dossey, MD

Author: *Healing Words and The Power of Premonitions*
www.dosseydossey.com

"Ellen's journey to youthfulness is an inspiring one. Just follow the step-by-step instructions and this exceptional book promises to bring youthfulness into your personal life while also transforming our collective destiny."

Richard Moss, MD

Renowned International Spiritual Teacher
Author: *The Mandala of Being*
www.richardmoss.com

“Ellen's step-by-step instructions for using the Law of Attraction promise you an exciting and fulfilling personal journey to youthfulness.”

Barbara De Angelis, PhD

#1 NY Times Bestselling Author,

How Did I Get Here? Finding Your Way to Renewed Hope and Happiness When Life and Love Take Unexpected Turns

www.barbaradeangelis.com

"I loved it! This is a great book which will help many people. It also gave me deep insights into what a lovely, spiritual person Ellen is. What a magnificent example she is of what 70 can look like!"

Kate Corbin

Law of Attraction Life Coach

Author: *Dining at the Cosmic Café* and *Think & Grow Thin*

www.goldstarcoaching.com

“Ellen’s book is yet another affirmation that our thoughts form the core of our experience of reality. This is a guide to accessing youthfulness and opening our lives to our creative intentions.”

James O’Dea

President, Institute of Noetic Sciences

www.noeticsciences.org

“The easy-to-follow methods in “The Secret Method for Growing Younger” will quickly lead you to a more youthful, joyful and heart-centered life.”

Mitchell Gibson, MD

Renowned Psychiatrist, International Mind-Body-Spirit Teacher

Author: *The Living Soul*

www.tybro.com

APPENDIX C
Sample Articles published in
www.ezinearticles.com
and
www.selfgrowth.com

QuickTime™ and a
decompressor
are needed to see this picture.

[HOME::Health-and-Fitness/Anti-Aging](#)

Use The Law Of Attraction To Become Young By [Ellen Wood](#)

Article Word Count: 709

There's a light dusting of snow on Taos Mountain and this very warm day has turned quite chilly as the sun begins to set. From my car window I see no-neck people with their collars turned up and shoulders slightly hunched against the wind. It's sleeveless weather during the day but the temperature plunges 50 degrees by dark in this high-elevation town, and many of those still outside are caught underdressed even though they know it happens every day this time of year. I park the car, step outside and whoosh! -- the wind has its own design in mind for my hair.

I used to lament my thin hair, so fine it barely covers my scalp. But since I've been practicing age-reversing techniques, I've changed how I feel about my hair -- and every other part of my body. I know that loving who I am and how I look and feel right now is an essential part of this process. I AM growing younger and you can too, by aligning yourself with the Law of Attraction. The Law of Attraction is always working. Your thoughts about any part of your body will attract to you more of the same: looks you like -- or looks you don't like.

Your thoughts and beliefs actually create matter. This may be difficult to accept, but there is hard science that helps us understand all this. It's quantum physics, which is the study of the building blocks of the universe. Your body is made up of tissue and organs and bone, which are made up of cells, which are made up of molecules. The molecules are composed of atoms, which are composed of sub-atomic particles such as electrons.

I say "particles" but the sub-atomic world, which is the world of quantum physics, is not made up of sub-atomic "particles" in the same way a speck of dirt is a particle. These sub-atomic particles are energy. This energy exists as a wave, until you observe it - and then it becomes a particle. But if you stop observing this energy, it becomes a wave again. That's why double-blind research tests are used:

the scientist's observation can influence the outcome of the research.

So it's your observation, your attention, your intention, that literally creates what you see around you, and literally, creates you -- your body. This is a participatory universe, in which your consciousness participates in the creation of everything.

Quantum physics is fascinating, but I'm not a scientist so if you want to know more about the science of manifesting, go to Dr. Bruce Lipton's or Gregg Braden's website. They will give you the science, but in plain language, of how it all works.

If you can manage to love who you are and how you look right now, then youthfulness will be attracted to you far more quickly. But if you can't truly love yourself, at least accept yourself as you are. Instead of criticizing your hair, your skin, your legs, your butt, occupy your conscious mind with words of love. You'll be amazed at the difference it will make after this becomes a habit.

Talk to your body. Practice Ho'oponopono, the Hawaiian system of healing and manifestation that Joe Vitale talks about in his book, *Zero Limits*. An essential part of Ho'oponopono is repeating throughout the day, everyday, "I love you. Please forgive me. Thank you."

Here's an example of how I talk to parts of my body, "I love you, legs. Please forgive me for the times I criticized you for the way you look or feel. Thank you for carrying me around. Thank you for helping me to balance. Thank you for getting me up and down stairs without my having to consciously think about it. You're quite wonderful, legs. I love you, legs." Try it. Do it while you're bathing, or spreading lotion on your body, if that seems a more appropriate way to begin.

When you practice the Law of Attraction techniques for youthfulness, including loving yourself as you are right now, change will begin on the inside of you. As you continue to expand your consciousness and fill yourself with love on a continual basis, you will also glow on the outside with radiant beauty.

###

Ellen Wood, inspirational speaker and author of the recently-published book, *The Secret Method for Growing Younger - a Step-by-Step Guide* based on the Law of Attraction, is a living example of the effectiveness of the processes she teaches. Her book is endorsed by Barbara DeAngelis PhD, and world-renowned physicians, including Norm Shealy MD, Larry Dossey MD, David Simon MD, Richard Moss MD and Mitchell Gibson MD. Download the Introduction and Chapters 1 and 2 for free at <http://howtogrowyounger.com/>

This article has been viewed 232 time(s). □

Article Submitted On: November 04, 2007

This article is printed from <http://www.SelfGrowth.com>

AGING AND LONGEVITY □

Stop Worrying About Alzheimer's And Other Infirmities of Old Age - That Will Make You Age Faster! □

By Ellen Wood □

Nov 18, 2007 □

Today is my birthday! It's my magical day – the day I get to wish for my dreams to come true. Sure, I can wish for whatever I want every day (and I do), but today I get to blow out some candles and grin from ear to ear while my family sings to me. Then I read out loud their hilarious birthday cards while they laugh so hard they have to hold their tummies, and happy tears squeeze out the corners of their eyes. This is the magical day I was born 71 years ago. □ □

I've heard people say: I don't celebrate my birthday anymore. I don't want to be reminded of how old I am. □ □

Not me. I'm thrilled to tell my age to whoever will listen. Of course, that's now, because now the number of years I've been on Earth doesn't mean the same to me that it used to. To tell the truth, it's also fun to see how astonished people are when they find out my age. □ □

I'm 71 today but I feel like I'm 35. Well, actually I feel 25 but who would believe me? I don't look 25 or 35 -- not even close -- but I've often been told I look far younger than my years. □ □

Before I began my program for growing younger several years ago, I believed 70 was old. Heck, I believed 65 was old and to prove it to myself, I noticed my mind slipping when I was nearing my mid-60s. Alzheimer's! I told myself -- just like my mother. □ □

My mother and I were very close when I was growing up and even after I moved away and had kids of my own -- so it was especially painful to watch her waste away with Alzheimer's. The last months of her life she didn't even know me! □ □

After Mom died I began to worry that the same thing would happen to me. And because I focused on it, soon I found myself unable to remember recent events, I couldn't find the right words and my tongue stumbled when I spoke. It worried my kids so much, they insisted I go to the doctor for testing. □□

Some test! He gave me the standard Alzheimer's test and asked me tough questions like: What year is it? Who is President of the United States? □□

Well, I aced them all and he sent me on my way -- but I knew something was wrong. I knew my mind had changed dramatically from what it had been. □□

I noticed other changes, too. I had never been one to exercise -- whenever I'd get the urge to take a brisk walk, I'd lie down until it went away. As a result, my body and energy level were also succumbing to what I believed was an inevitable outcome with growing old. It was part of my belief system that growing old, with all the infirmities and fears normally associated with aging, was unavoidable. □□

That's because I had never seen anyone grow younger. I had never heard of anyone growing younger. So it didn't occur to me to use the Law of Attraction to grow younger, even though I had studied mind-spirit training for decades and applied the dynamics I learned to other aspects of my life for many years. □□

It was one fateful day when I took a trip down memory lane that I WOKE UP to the fact that I could also change the process of aging by applying Law of Attraction techniques I had successfully used in other areas of my life. Soon a whole program evolved along with a passion to share the information.

Changing your belief system is a big part of the process of growing younger. So is stopping in its tracks any negative programming as it arises. And so is deliberately reprogramming on a deeper level who you want to be as you age.

But that's not all. When you use the Law of Attraction, you will be prompted to take action to fulfill your desire. The Universe will plan the "how" and send you promptings and clues for you to take action. Techniques for growing younger will be brought to your attention and then it's up to you to do them. And if growing younger is a true desire, you'll have fun doing them. □□

I certainly do. If you happen to be on the dirt road near my house at 7

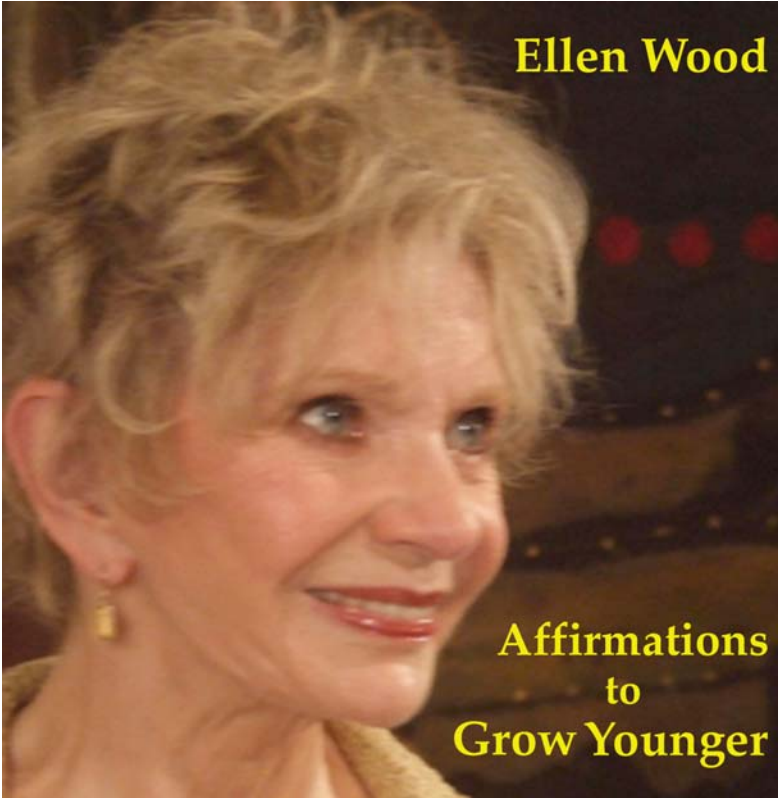
o'clock in the morning, that jogger with a big smile on her face is me!□□

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Author's Bio

Ellen Wood, inspirational speaker and author of *The Secret Method for Growing Younger - a Step-by-Step Guide based on the Law of Attraction*, is a living example of the effectiveness of the processes she teaches. At 71, Ellen is pioneering a revolution in age-reversing consciousness. Her passion is to spread the joy of youthfulness from mind to mind until a critical mass is reached and elders become empowered, valued members of society. Her book is endorsed by Barbara DeAngelis PhD, and world-renowned physicians, including Norm Shealy MD, Larry Dossey MD, David Simon MD, Richard Moss MD and Mitchell Gibson MD. Download the Introduction and Chapters 1 and 2 for free at <http://howtogrowyounger.com/>

APPENDIX D
Cover of Affirmations CD
Cover of *The Secret Method for Growing Younger*



Cover of Affirmations CD

A PROPOSAL FOR *HOW TO GROW YOUNGER* BY ELLEN WOOD

QuarkTime™ and a
disclaimer
are needed to see the picture.

Cover of Ellen Wood's first book.

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APPENDIX E
Page from Media Kit
for Radio Talk Show Producers

QuickTime™ and a
decompressor
are needed to see this picture.