



## **Ellen Wood**

Ellen Wood is an award-winning author, speaker and columnist and one of the world's leading pioneers of age-reversing consciousness. Born on November 18, 1936, Ellen discovered the power of mind/spirit techniques in her mid-30s and has applied them ever since to continuously improve her relationships and career, and to accelerate her self-actualization.

While Ellen's adult life began with the traditional role of wife and mother, she eventually pursued a high-powered career as a successful executive. Then, late in her 50s, she suffered the grief and helplessness that came from watching her mother waste away with Alzheimer's. Several years later, Ellen herself started noticing symptoms of mental decline terrifyingly similar to the early stage of the disease that had claimed her mother.

At age 67, Ellen's distress became the wake-up call of a lifetime. She realized she could give herself over to decline and infirmity, accepting it as unavoidable – or she could do everything in her power to find an alternate route through later life. Ellen chose the road less traveled, and threw herself into the work of growing younger.

Her efforts soon rewarded her with a key discovery: by adapting the mind/spirit techniques that had transformed other areas of her life, she could begin to arrest her own aging process and grow younger. She then added practices for the body, including the five Tibetan Rites, studying and exploring and experimenting until she had developed a complete personal program.

Her results are in her first book, *Think and Grow Young: Powerful Steps to Create a Life of Joy*. Ellen's book is endorsed by noted authors and experts, including Marianne Williamson, David Simon MD, Terry Grossman MD, Larry Dossey MD, C. Norman Shealy MD, Richard Moss MD, Mitchell Gibson MD, and Barbara DeAngelis.

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