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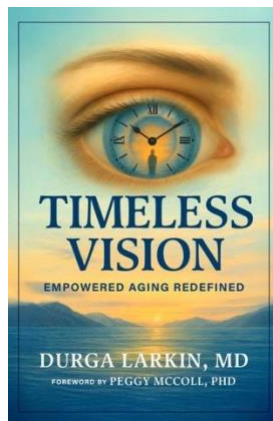
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TIMELESS VISION: EMPOWERED AGING REDEFINED

By Durga Larkin, M.D.



Durga Larkin, MD, Reimagines Aging and Reinvention In Debut Book

(April 2026; Jamestown, RI) — In her new book [Timeless Vision: Empowered Aging Redefined](#), physician, ophthalmic surgeon, and author [Dr. Durga Larkin](#) invites readers to rethink aging, reframing it not as a process of loss, but as one of gaining perspective, depth, and possibility – a time to embrace new opportunities for reinvention in a second or third chapter of life.

Drawing on decades in medicine and her own unexpected life transition, Dr. Larkin explores how aging can be a time of renewed purpose, clarity, and growth. Through personal stories and practical insights, **Timeless Vision** encourages readers to rethink what's possible as life evolves.

A turning point came when a serious injury forced Dr. Larkin to step away from her work as an ophthalmic surgeon – ending a career built on precision and identity. That moment, while difficult, became the catalyst for reinvention, leading her to new work as a writer, speaker, and advocate for a more empowered view of aging.

In **Timeless Vision**, Dr. Larkin speaks to anyone navigating change – whether it’s a career shift, personal loss, or the question of what comes next. Her message is simple but powerful: aging is not about loss, but about what we gain – perspective, resilience, and the freedom to redefine ourselves. explores themes of identity, resilience, reinvention, and the evolving nature of purpose.

As people live longer and more dynamic lives, Dr. Larkin invites readers to see aging not as a decline, but as an expansion – an opportunity to live with greater intention, curiosity, and meaning.

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About the author: Dr. Durga Larkin is a physician, speaker, and author dedicated to helping individuals rethink aging and embrace life transitions with purpose and resilience. Based in Rhode Island, she recently stepped away from performing eye surgery but continues to practice ophthalmology while also focusing on writing and speaking about empowered aging, identity, and reinvention. Through her work, Larkin encourages audiences to challenge limiting narratives about aging and to approach every stage of life with clarity, possibility, and vision. Dr. Durga invites us all to approach aging with grace, vitality, and joy. For more information, please visit www.durgalarkinmd.com and follow Dr. Durga on social media (Facebook - [Dr. Durga Larkin](#), Instagram - [@drdurgalarkin](#), LinkedIn - [Durga Larkin, MD](#)).

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For more information about Dr. Durga Larkin, review copies of **Timeless Vision**, interview requests, or speaking invitations, please contact Laura Rossi at laura@laurarossipublications.com or 401-487-2453.

Praise for Timeless Vision by Durga Larkin, MD

“From the moment I met Dr. Durga Larkin, I knew she was meant to do something extraordinary - again. Timeless Vision is not just a book; it is a revelation. Dr. Durga writes with rare clarity, warmth, and soul-level wisdom, guiding us not just to age, but to awaken. This book doesn't hand out advice — it grants permission: permission to dream again, to redefine what's possible, and to begin anew at any stage of life. Dr. Durga is living proof that reinvention has no expiration date, and her words will inspire you to see your life through a more empowered, heart-aligned lens.”

— Dr. Peggy McColl, New York Times Bestselling Author & Manifestation Expert

“I loved Timeless Vision! It was cogent and filled with wisdom about not only aging but living a full and rewarding life consistent with one's soul. I loved the sprinkling of metaphors from the world of ophthalmology along with the wise observations from others about successful aging, how others have learned about living a rich life, and tips to make one's own journey meaningful. Kudos and applause for Dr. Durga.”

— Christian Smith, Ret Assistant Vice Chancellor UCLA, Appointed Executive Manager for Travis County, Austin Texas

“Timeless Vision feels like sitting down with a wise, grounded friend who isn't trying to tell you what to do; she's simply inviting you to see yourself differently. Dr. Durga Larkin has a beautiful way of blending her medical background with real-life reflection, and it never feels heavy. This book speaks honestly about aging, identity, and purpose in a way that feels reassuring and empowering at the same time. It reminds you that growing older doesn't mean shrinking your life; it can actually be a season of clarity, freedom, and renewed vision. I would wholeheartedly recommend this book to any woman who senses there's more ahead for her and is ready to embrace that next chapter with confidence.”

— Barbara Diaz de Leon, RN, International Bestselling Author of Feel Great in 28!

“Timeless Vision is a gift to anyone navigating midlife and beyond, and to anyone who wishes to age not just longer, but better. It is a reminder that while sight may change, vision, true purposeful vision, can deepen and expand with time. I wholeheartedly recommend this book to readers seeking a more joyful, aligned, and meaningful approach to aging.”

— By Dr. Daniela Steyn, MD, Professor of Medicine, McMaster University, Founder of Wellness MD, Author of international bestselling book Thrive Through Menopause

“In Timeless Vision, Dr. Durga Larkin offers a powerful and compassionate reframing of identity, aging, and healing; one that gently dismantles society's fixation on decline and replaces it with a vision of continued becoming. Rather than viewing later life as a narrowing of possibility, Larkin invites readers to see it as an expansion of clarity, resilience, and inner authority. The book challenges us to ask not what we have lost with time, but what parts of ourselves are finally ready to be reclaimed, rediscovered, or named for the first time.”

— Dr. Debrah Zepf PhD Psc.D DNM MH CCA, Founder of Aromatics Academy and Author of Earth Treasures: A focused Journey Into the Foundations of Aromatherapy

“Timeless Vision is a rare blend of medical wisdom, emotional intelligence, and lived experience. As a surgeon, Dr. Durga understands the human eye better than most, but it is her insight into the human spirit that sets this book apart. She brings clarity to subjects many avoid: identity, purpose, reinvention, and the emotional truths behind aging. Her compassion is unmistakable on every page. This is the book I will recommend to anyone seeking a healthier relationship with growing older.”

— Judy O'Beirn, Founder and President of Hasmark Publishing International

“With the insight of a world-class physician and the heart of a true healer, Dr. Durga offers a powerful, uplifting guide to embracing aging with grace, joy, and limitless potential. This book truly changes the way you see your life's next chapter. What I love most is how seamlessly she integrates her identity as an ophthalmologist with the expanded spiritual awareness she has so clearly grown into. That evolution feels natural, embodied, and deeply authentic. This book reflects a beautiful new chapter - one where her wisdom, experience, and soul-led purpose converge to inspire and serve on an even greater level. Durga is a powerful positive force. She is passionate, sensitive, adventurous, and fun-loving, with an infectious energy that uplifts everyone around her. Her willingness to move through adversity with courage and grace—to create a better life for herself, her family, and her community—is evident on every page. This is more than a book; it's an invitation to step into your own next chapter with confidence, meaning, and joy.”

— Patrice McKinley, Certified Integrative Life Coach, Ford Institute Certified Consultant, Proctor Gallagher Company

“Dr. Durga Larkin has taken her decades of excellence as one of Rhode Island's top surgeons and ophthalmologists and translated her professional mastery into these beautiful paradigm-shifting analogies about our perceptions and lens of life as we age. As a 50-year-old woman, Timeless Vision couldn't have come at a more perfect time. Between Dr. Larkin's beautifully relatable real-life examples, powerful analysis of how our lens on life can become impaired overtime, and end-of-chapter reflecting questions to help clear our lens. I feel like Timeless Vision is a powerful tool to help reverse and heal shortcomings that come from aging and finite thoughts. Dr. Larkin is so right—we all possess the inner wisdom to heal and to continue growing and enriching our lives. Timeless Vision helped me to visualize and re-align myself to my deepest and most delightful life purpose using all the experience and knowledge I've gained in life so far.”

— Elizabeth Caldas, Investment Professional