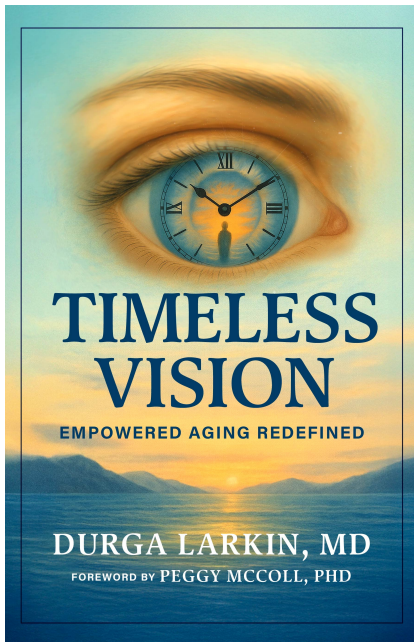




Timeless Vision: Book Club & Readers Guide

A companion discussion guide for book clubs reading *Timeless Vision: Empowered Aging Redefined* by Durga Larkin, MD, a board-certified eye physician, surgeon and Empowered Aging Expert.

“The clearest vision begins within.”

— Dr. Durga

Welcome

This guide is designed to help book clubs explore the themes, reflections, and insights within *Timeless Vision*. The book invites readers to rethink aging, rediscover possibility, and develop deeper clarity about purpose, health, and personal meaning. Use these questions and activities to spark thoughtful conversation, personal reflection, and meaningful connection within your group.

Suggested Book Club Flow

① Begin with a short personal check-in

② Discuss several reflection questions

③ End with one insight

Discussion Questions

"We are aging every day."

— Dr. Durga

Psychology and Inner Work

- From your perspective, what are the biggest psychological barriers that prevent people from aging—or living—well?
- Why are blind spots such an important concept in the book? What blind spots might hold people back from living fully?
- How do fear and regret show up in midlife or later stages of life? How does the book help people work through those emotions?

Identity, Reinvention, and Potential

- Many people feel pressure to have life figured out by a certain age. How does the book challenge that narrative?
- How can people reconnect with possibility when they feel defined by past decisions or circumstances?
- What examples or ideas from the book show that reinvention can happen at any stage of life?

Practical Takeaways

- What is one mindset shift from the book that you believe anyone could begin practicing today?
- How can someone begin creating a vision for their future when they feel overwhelmed or uncertain?
- What habits or practices mentioned in the book could help people develop more clarity in their daily lives?

Integration of Medicine, Psychology, and Meaning

- How does Dr. Durga's medical background influence the way she approaches purpose, longevity, and quality of life?
- What does life look like when physical health, emotional well-being, and personal meaning are aligned?

Group Reflection Exercise

As a group, choose one idea from the book that resonated deeply with everyone. Spend a few minutes discussing why it mattered. Then ask each member to share one way they might apply that idea in their own life.

Closing Meditation

End your book club gathering with Dr. Durga's guided meditation to help integrate the themes of clarity, inner vision, and reflection.

Meditation link: <https://durgalarkinmd.com/wp-content/uploads/2026/03/Meditation.mp3>

After listening, invite each member to share one insight, feeling, or intention that emerged during the meditation.

Personal Reflection Page

Take a few moments to reflect on your own vision for the future. Write freely about what clarity, purpose, and possibility mean to you now.

"See your life with new clarity—and discover that the best years are still unfolding."

— Dr. Durga