



The Methuselah Project - How the Science of Anti-Aging Can Help You Live Happier, Longer and Stronger (Paperback)

By Dr James Lee

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want to harness the latest advances in science to build a blueprint for a long life? In what is by far his most comprehensive work to date, James Lee (author of Brain 2.0 and Brain Hacks) has trawled through the latest research journals (and some older, lesser known studies) to identify the sources of premature aging and what you can do to increase your chances of living to 100 and beyond. Anti-aging should go beyond just the best anti-aging cream and encompass every aspect of life-extension and healthy aging. Lee takes you through the work that scientists are currently undertaking to pin down exactly why it is we age and what can we do about it. Many scientists believe that there is no theoretical upper limit to lifespan that cannot be overcome. Think about it - Why does a dog (which has a similar genetic makeup to humans) only live to around 15 years of age whereas we can reach an average of around 80? Why are certain animals like crustaceans theoretically immortal? As part of...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**