

The Longevity Project Surprising Discoveries For Health And Long Life From The Landmark Eight Decade

Presents a full-length report on a landmark study that challenges popular beliefs to identify the factors that influence the human lifespan, drawing on modern statistics to cite the benefits of such examples as singlehood and hard work.

With active geysers coating its surface with dazzlingly bright ice crystals, Saturn's large moon Enceladus is one of the most enigmatic worlds in our solar system. Underlying this activity are numerous further discoveries by the Cassini spacecraft, tantalizing us with evidence that Enceladus harbors a subsurface ocean of liquid water. Enceladus is thus newly realized as a forefront candidate among potentially habitable ocean worlds in our own solar system, although it is only one of a family of icy moons orbiting the giant ringed planet, each with its own story. As a new volume in the Space Science Series, *Enceladus and the Icy Moons of Saturn* brings together nearly eighty of the world's top experts writing more than twenty chapters to set the foundation for what we currently understand, while building the framework for the highest-priority questions to be addressed through ongoing spacecraft exploration. Topics include the physics and processes driving the geologic and geophysical phenomena of icy worlds, including, but not limited to, ring-moon interactions, interior melting due to tidal heating, ejection and reaccretion of vapor and particulates, ice tectonics, and cryovolcanism. By contextualizing each topic within the profusion of puzzles beckoning from among Saturn's many dozen moons, *Enceladus and the Icy Moons of Saturn* synthesizes planetary processes on a broad scale to inform and propel both seasoned researchers and students toward achieving new advances in the coming decade and beyond.

People have searched for the fountain of youth everywhere from Bimini to St. Augustine. But for a steadfast group of scientists, the secret to a long life lies elsewhere: in the lowly lab worm. By suppressing the function of just a few key genes, these scientists were able to lengthen worms' lifespans up to tenfold, while also controlling the onset of many of the physical problems that beset old age. As the global population ages, the potential impact of this discovery on society is vast—as is the potential for profit. With *The Longevity Seekers*, science writer Ted Anton takes readers inside this tale that began with worms and branched out to snare innovative minds from California to Crete, investments from big biotech, and endorsements from TV personalities like Oprah and Dr. Oz. Some of the research was remarkable, such as the discovery of an enzyme in humans that stops cells from aging. And some, like an oft-cited study touting the compound resveratrol, found in red wine—proved highly controversial, igniting a science war over truth, credit, and potential profit. As the pace of discovery accelerated, so too did powerful personal rivalries and public fascination, driven by the hope that a longer, healthier life was right around the corner. Anton has spent years interviewing and working with the scientists at the frontier of longevity science, and this book offers a behind-the-scenes look at the state-of-the-art research and the impact it might have on global public health, society, and even our friends and family. With spectacular science

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and an unforgettable cast of characters, *The Longevity Seekers* has all the elements of a great story and sheds light on discoveries that could fundamentally reshape human life.

Psychologists and philosophers have long grappled with the mysteries of dreaming, and now—thanks largely to recent innovations in brain imaging—neuroscientists are starting to join the conversation. In this groundbreaking book, award-winning journalist Andrea Rock traces the brief but fascinating history of this emerging field. She then takes us into modern sleep labs across the country, asking the questions that intrigue us all: Why do we remember only a fraction of our dreams? Why are dreams usually accompanied by intense emotions? Can dreams truly spark creative thought or help solve problems? Are the universal dream interpretations of Freud and Jung valid? Accessible and engaging, *The Mind at Night* shines a bright light on our nocturnal journeys and tells us what the sleeping mind reveals about our waking hours.

With eye-opening statistics, original data, and vivid portraits of people who live alone, renowned sociologist Eric Klinenberg upends conventional wisdom to deliver the definitive take on how the rise of going solo is transforming the American experience. Klinenberg shows that most single dwellers—whether in their twenties or eighties—are deeply engaged in social and civic life. There's even evidence that people who live alone enjoy better mental health and have more environmentally sustainable lifestyles. Drawing on more than three hundred in-depth interviews, Klinenberg presents a revelatory examination of the most significant demographic shift since the baby boom and offers surprising insights on the benefits of this epochal change.

Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he's known to his patients) knows the answers—and they're surprisingly simple and powerful. It's amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you'd like to address. Marrying wisdom from the East with the latest scientific advances from the West, *Secrets of Longevity* puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

NEW YORK TIMES BESTSELLER The New York Times—bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition. Winner of the 2015 Gold Nautilus Book Award in Science & Cosmology In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson's disease, and

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cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain's complexity prevented recovery from damage or disease. The Brain's Way of Healing shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

The second edition of *Sourcework*, designed to help students make use of outside sources, has been updated and enhanced to better guide writers through the challenges of their first academic research papers. With new university-level readings and updated activities, this flexible text helps students master the writing and critical thinking skills necessary to produce strong academic essays using supporting evidence.

Practical English Grammar for Academic Writers is intended for international students who have to write academically in American English. Suitable for undergraduates or graduate students, it aims at enabling writers to produce grammatically correct, well-focused, well-developed writing with academic vocabulary, style, and tone. This book is compact, yet surprisingly broad in grammatical, lexical, and academic scope, making it ideal for advanced level English for academic purposes or academic transitions reading/writing classes that have to balance academic content with grammar. This book also includes an answer key, including sample paragraphs for all of the independent writing assignments, allowing for individual, autonomous study.

Ed Sarafino and Timothy Smith draw from the research and theory of multiple disciplines in order to effectively demonstrate how psychology and health impact each other. The newly updated 9th Edition of *Health Psychology: Biopsychosocial Interactions* includes a broader picture of health psychology by presenting cross-cultural data.

Furthermore, international examples are also included to further explore the psychologist's perspective of health issues around the world and highlight what works in the field. The psychological research cited in the text supports a variety of behavioral, physiological, cognitive, and social/personality viewpoints. An emphasis on lifespan development in health and illness is integrated throughout the text.

The Longevity Project Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study Penguin
Slow down the aging process and live well for longer Do you know exactly how and why you age? And what you can do—whatever your current age—to slow that process and have a longer, healthier life? In *The Longevity Code*, medical doctor Kris Verburgh illuminates the biological mechanisms that make our bodies susceptible to heart attacks, dementia, diabetes, and other aging-related diseases. With the facts laid out, he provides the tools we need to slow down the aging process. His scientifically backed Longevity Staircase outlines a simple yet innovative step-by-step method offering better

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health and a longer life span— especially the crucial role of proper nutrition and exercise. But diet and exercise might not be the only way to crack the “longevity code”: With each passing day, advances in biotechnology that were once the stuff of science fiction are emerging. Dr. Verburgh discusses how new types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse aging—now and in the future—and when paired with the right lifestyle, lead to longer, healthier lives than we’ve ever imagined.

How do some people avoid the slowing down, deteriorating, and weakening that plagues many of their peers decades earlier? Are they just lucky? Or do they know something the rest of us don’t? Is it possible to grow older without getting sicker? What if you could look and feel fifty through your eighties and nineties? Founder of the Institute for Aging Research at the Albert Einstein College of Medicine and one of the leading pioneers of longevity research, Dr. Nir Barzilai’s life’s work is tackling the challenges of aging to delay and prevent the onset of all age-related diseases including “the big four”: diabetes, cancer, heart disease, and Alzheimer’s. One of Dr. Barzilai’s most fascinating studies features volunteers that include 750 SuperAgers—individuals who maintain active lives well into their nineties and even beyond—and, more importantly, who reached that ripe old age never having experienced cardiovascular disease, cancer, diabetes, or cognitive decline. In *Age Later*, Dr. Barzilai reveals the secrets his team has unlocked about SuperAgers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process. This eye-opening and inspirational book will help you think of aging not as a certainty, but as a phenomenon—like many other diseases and misfortunes—that can be targeted, improved, and even cured.

MUST WE AGE? A long life in a healthy, vigorous, youthful body has always been one of humanity's greatest dreams. Recent progress in genetic manipulations and calorie-restricted diets in laboratory animals hold forth the promise that someday science will enable us to exert total control over our own biological aging. Nearly all scientists who study the biology of aging agree that we will someday be able to substantially slow down the aging process, extending our productive, youthful lives. Dr. Aubrey de Grey is perhaps the most bullish of all such researchers. As has been reported in media outlets ranging from *60 Minutes* to *The New York Times*, Dr. de Grey believes that the key biomedical technology required to 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—is now within reach. In *Ending Aging*, Dr. de Grey and his research assistant Michael Rae describe the details of this biotechnology. They explain that the aging of the human body, just like the aging of man-made machines, results from an accumulation of various types of damage. As with man-made machines, this damage can periodically be repaired, leading to indefinite extension of the machine's fully functional lifetime, just as is routinely done with classic cars. We already know what

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types of damage accumulate in the human body, and we are moving rapidly toward the comprehensive development of technologies to remove that damage. By demystifying aging and its postponement for the nonspecialist reader, de Grey and Rae systematically dismantle the fatalist presumption that aging will forever defeat the efforts of medical science. “Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.” —President Barack Obama (on Twitter) “An important book.” —Steven Pinker, *The New York Times Book Review* Now also a PBS documentary series: the surprising story of how humans gained what amounts to an extra life, from the bestselling author of *How We Got to Now* and *Where Good Ideas Come From* As a species we have doubled our life expectancy in just one hundred years. All the advances of modern life—the medical breakthroughs, the public health institutions, the rising standards of living—have given us each about twenty thousand extra days on average. There are few measures of human progress more astonishing than our increased longevity. This book is Steven Johnson’s attempt to understand where that progress came from. How many of those extra twenty thousand days came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks. But it is not enough simply to remind ourselves that progress is possible. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, *Extra Life* is an ode to the enduring power of common goals and public resources. The most fundamental progress we have experienced over the past few centuries has not come from big corporations or start-ups. It has come, instead, from activists struggling for reform; from university-based and publicly funded scientists sharing their findings open-source-style; and from nonprofit agencies spreading new innovations around the world. Humanity is on the cusp of an exciting longevity revolution. The first person to live to 150 years has probably already been born. What will your life look like when you live to be over 100? Will you be healthy? Will your marriage need a sunset clause? How long will you have to work? Will you finish one career at sixty-five only to go back to school to learn a new one? And then, will you be happily working for another sixty years? Maybe you’ll be a parent to a newborn and a grandparent at the same time. Will the world become overpopulated? And how will living longer affect your finances, your family life, and your views on religion and the afterlife? In *100 Plus*, futurist Sonia Arrison takes us on an eye-opening journey to the future at our doorsteps, where science and technology are beginning to radically change life as we know it. She introduces us to the people transforming our lives: the brilliant scientists and genius inventors and the billionaires who fund their work. The astonishing advances to extend our lives—and good health—are almost here. In the very near

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future fresh organs for transplants will be grown in laboratories, cloned stem cells will bring previously unstoppable diseases to their knees, and living past 100 will be the rule, not the exception. Sonia Arrison brings over a decade of experience researching and writing about cutting-edge advances in science and technology to *100 Plus*, painting a vivid picture of a future that only recently seemed like science fiction, but now is very real. *100 Plus* is the first book to give readers a comprehensive understanding of how life-extending discoveries will change our social and economic worlds. This illuminating and indispensable text will help us navigate the thrilling journey of life beyond 100 years.

Includes bibliographical references and index.

Can technology and human beings coexist in a mutually beneficial way? In this ground-breaking book, N. Chandrasekaran, chairman of Tata Sons, the holding company and promoter of more than 100 Tata operating companies, presents a radical reimagining of the future of technology and reveals how it has the potential to solve the world's biggest challenges. He imagines 2030: India is among the world's top three economies, with all Indians using advanced technology to do their job or get their job done, and having access to quality jobs, better healthcare and skill-based education. And he says: this reality is possible. It is within reach. With *Bridgital*. To the coming disruption of artificial intelligence, he proposes an ingenious solution: to use it as an aid. Instead of taking jobs away, AI can generate them. Instead of replacing workers, AI will assist them. Chandrasekaran and his co-author, Roopa Purushothaman, chief economist of the Tata Group, show how the *Bridgital* model can address our divide between rich and poor, skilled and unskilled, and can provide better service delivery in health, transport, law and education. It could create and impact millions of jobs around the world. One of the country's foremost industry leaders and pioneers, N. Chandrasekaran brings his expertise of over thirty years with the Tata Group to offer India as a blueprint for building a prosperous planet where digital and physical worlds work together and everyone is included in the growth story. It's a powerful vision for the future. Foreword by Ratan N. Tata

The Wisdom Paradox explores the aging of the mind from a unique, positive perspective. In an era of increasing fears about mental deterioration, world-renowned neuropsychologist Elkhonon Goldberg provides startling new evidence that though the brain diminishes in some tasks as it ages, it gains in many ways. Most notably, it increases in what he terms "wisdom": the ability to draw upon knowledge and experience gained over a lifetime to make quick and effective decisions. Goldberg delves into the machinery of the mind, separating memory into two distinct types: singular (knowledge of a particular incident or fact) and generic (recognition of broader patterns). As the brain ages, the ability to use singular memory declines, but generic memory is unaffected—and its importance grows. As an individual accumulates generic memory, the brain can increasingly rely upon these stored patterns to solve problems effortlessly and instantaneously. Goldberg investigates the neurobiology of wisdom, and draws on historical examples of artists and leaders whose greatest achievements were realized late in life.

In an unprecedented series of studies, Harvard Medical School has followed 824 subjects -- men and women, some rich, some poor -- from their teens to old age. Harvard's George Vaillant now uses these studies -- the most complete ever done anywhere in the world -- and the subjects' individual histories to illustrate the factors involved in reaching a happy, healthy old age. He explains precisely why some people turn out to be more resilient than others, the complicated effects of marriage and divorce, negative personality changes, and how to live a more fulfilling, satisfying and rewarding life in the later years. He shows why a person's background has less to do with their eventual

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happiness than the specific lifestyle choices they make. And he offers step-by-step advice about how each of us can change our lifestyles and age successfully. Sure to be debated on talk shows and in living rooms, Vaillant's definitive and inspiring book is the new classic account of how we live and how we can live better. It will receive massive media attention, and with good reason: we have never seen anything like it, and what it has to tell us will make all the difference in the world.

Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection.

NEW YORK TIMES BESTSELLER The revolutionary book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres and increase our health spans (the number of years we remain healthy, active, and disease-free). **THE TELOMERE EFFECT** reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. Drawing from this scientific body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets.

THE TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a

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cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

The New York Times bestseller that explains how groundbreaking scientific discoveries can help each of us achieve our personal best Every week, Gretchen Reynolds single-handedly influences how millions of Americans work out. In her popular New York Times column, she debunks myths, spurs conversation, and stirs controversy by questioning widely held beliefs about exercise. Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including: · 20 minutes of cardio is all you need (and sometimes six minutes is enough) · Stretching before a workout is counterproductive · Chocolate milk is better than Gatorade for recovery Whether you're running ultramarathons or just want to climb the stairs without losing your breath, *The First 20 Minutes* will show you how to be healthy today and perform better tomorrow.

Traditional Chinese edition of *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study*. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

Watch a video Watch a Fox News segment on *The Longevity Project*. This landmark study--which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"--upends the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run.

Based on the most extensive study of longevity ever conducted, *The Longevity Project* exposes what really impacts our lifespan--including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job-- many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive--it's the prudent and persistent who flourish through the years. With questionnaires that help you determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

At a time when people are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers welcome news for old age: our lives evolve in our later years and often become more fulfilling. Among the surprising findings: people who do well in old age did not necessarily do so well in midlife, and vice versa.

"A work of inspiration and pragmatism" offering heartening advice on navigating the later years of life for aging individuals and their families (Gary J. Kennedy, M.D., Professor and Director of Geriatric Psychiatry, Montefiore Medical Center, Albert Einstein College of Medicine). For anyone who is approaching a 65th birthday with trepidation, Dr. Eric Pfeiffer, who for thirty years has cared for—and learned from—elderly people, addresses with compassion and deep understanding the multitude of issues that arise. He writes authoritatively but in a conversational tone. His advice is easy to read, easy to follow, and full of wisdom. In short, practical chapters, Dr. Pfeiffer advises on choosing an ideal place to live, finding a range of satisfying activities, and maintaining an active social life. He also explains how best to maintain one's health, mental health, wealth, and independence. Other chapters explore the importance of a spiritual life and the value of maintaining an active sexual life. In addition, the author speaks to the

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value of charitable giving and describes how it is possible to prepare for a good good-bye to life. Filled with illustrative anecdotes and enhanced with a lovely selection of poems, this reassuring book demonstrates how it is possible to direct and control the aging experience. For every person approaching retirement years, and for their friends and families, the book is an excellent resource and a practical guide. “A highly readable, thoughtful book that contains many important facts and much wisdom.”—Myron Weiner, M.D., University of Texas Southwestern Medical School “A valuable addition to the existing literature, and I would recommend it to friends, patients, and their families.”—Richard Marottoli, M.D., Dorothy Adler Geriatric Assessment Center at Yale-New Haven Hospital

“THE SHARPEST AND MOST UNUSUAL STORY I READ LAST YEAR . . . [Mat] Johnson’s satirical vision roves as freely as Kurt Vonnegut’s and is colored with the same sort of passionate humanitarianism.”—Maud Newton, New York Times Magazine NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Vanity Fair • Houston Chronicle • The Seattle Times • Salon • National Post • The A.V. Club Recently canned professor of American literature Chris Jaynes has just made a startling discovery: the manuscript of a crude slave narrative that confirms the reality of Edgar Allan Poe’s strange and only novel, *The Narrative of Arthur Gordon Pym of Nantucket*. Determined to seek out Tsalal, the remote island of pure and utter blackness that Poe describes, Jaynes convenes an all-black crew of six to follow Pym’s trail to the South Pole, armed with little but the firsthand account from which Poe derived his seafaring tale, a bag of bones, and a stash of Little Debbie snack cakes. Thus begins an epic journey by an unlikely band of adventurers under the permafrost of Antarctica, beneath the surface of American history, and behind one of literature’s great mysteries. “Outrageously entertaining, [Pym] brilliantly re-imagines and extends Edgar Allan Poe’s enigmatic and unsettling *Narrative of Arthur Gordon Pym of Nantucket*. . . . Part social satire, part meditation on race in America, part metafiction and, just as important, a rollicking fantasy adventure . . . reminiscent of Philip Roth in its seemingly effortless blend of the serious, comic and fantastic.”—Michael Dirda, *The Washington Post* “Blisteringly funny.”—Laura Miller, *Salon* “Relentlessly entertaining.”—*The New York Times Book Review* “Imagine Kurt Vonnegut having a beer with Ralph Ellison and Jules Verne.”—*Vanity Fair* “Screamingly funny . . . Reading Pym is like opening a big can of whoop-ass and then marveling—gleefully—at all the mayhem that ensues.”—*Houston Chronicle*

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with

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cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

A distinguished Stanford law professor examines the steep decline in marriage rates among the African American middle class, and offers a paradoxical-nearly incendiary-solution. Black women are three times as likely as white women to never marry. That sobering statistic reflects a broader reality: African Americans are the most unmarried people in our nation, and contrary to public perception the racial gap in marriage is not confined to women or the poor. Black men, particularly the most successful and affluent, are less likely to marry than their white counterparts. College educated black women are twice as likely as their white peers never to marry. *Is Marriage for White People?* is the first book to illuminate the many facets of the African American marriage decline and its implications for American society. The book explains the social and economic forces that have undermined marriage for African Americans and that shape everyone's lives. It distills the best available research to trace the black marriage decline's far reaching consequences, including the disproportionate likelihood of abortion, sexually transmitted diseases, single parenthood, same sex relationships, polygamous relationships, and celibacy among black women. This book centers on the experiences not of men or of the poor but of those black women who have surged ahead, even as black men have fallen behind. Theirs is a story that has not been told. Empirical evidence documents its social significance, but its meaning emerges through stories drawn from the lives of women across the nation. *Is Marriage for White People?* frames the stark predicament that millions of black women now face: marry down or marry out. At the core of the inquiry is a paradox substantiated by evidence and experience alike: If more black women married white men, then more black men and women would marry each other. This book not only sits at the intersection of two large and well-established markets-race and marriage-it responds to yearnings that are widespread and deep in American society. The African American marriage decline is a secret in plain view about which people want to know more, intertwining as it does two of the most vexing issues in contemporary society. The fact that the most prominent family in our nation is now an African American couple only intensifies the interest, and the market. A book that entertains as it informs, *Is Marriage for White People?* will be the definitive guide to one of the most monumental social developments of the past half century.

WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN. Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day. In *How Not to Die*, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to use that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like

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her, for a good, long time. • In “Highway to the Morgue,” we learn the one commonsense safety tip that can prevent deadly accidents—and the reason you should never drive with the windows half open • “Code Blue” teaches us how to increase our chances of leaving the hospital alive—and how to insist that everyone caring for you practice the easiest hygiene method around • “Everyday Dangers” informs us why neat freaks live longer—and the best ways to stay safe in a car during a lightning storm Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life—and unlike many doctors’ orders, this one is surprisingly easy to follow.

Students hear the voices of important theorists in their own words with introductions providing context and critical thinking questions to improve understanding. The nine key theoretical perspectives spanning over 100 years of important contributions to the field.& & Courses in Personality and/or Personality Theories

A NEW YORK TIMES BESTSELLER “Brilliant and enthralling.”? —The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time’s most influential people. It’s a seemingly undeniable truth that aging is inevitable. But what if everything we’ve been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: “Aging is a disease, and that disease is treatable.” This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair’s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it.

For centuries, adventurers and scientists have believed that not only could we delay death but that "practical immortality" was within our reach. Today, many well-respected researchers would be inclined to agree. In a book that is not about anti-aging, but about functional aging--extending your healthy, active life--Dr. Sanjay Gupta blends together compelling stories of the most up-to-date scientific breakthroughs from around the world, with cutting-edge research and advice on achieving practical immortality in this lifetime. Gupta's advice is often counterintuitive: longevity is not about eating well, but about eating less; nutritional supplements are a waste of your money; eating chocolate and drinking coffee can make you healthier. CHASING LIFE tells the stories behind the breakthroughs while also revealing the practical steps readers can take to help extend youth and life far longer than ever thought possible.

Access PDF The Longevity Project Surprising Discoveries For Health And Long Life From The Landmark Eight Decade

A treasury of inspirational readings, accompanied by personal reflections and meditations, features works by Helen Keller, Barbara Kingsolver, Thomas Aquinas, and others on such themes as nature, relationships, creativity, and work

Why looking up matters A positive attitude is important, but until now we didn't know how important. In *Up*, a practicing physician and NIH-funded researcher draws on her research and experience to show that our outlook on life—our unique patterns of thinking and feeling about ourselves, others, and the world—may be the key to how well and how fast we age. From wrinkles to cognitive decline, our outlook affects our health at every level. Using the framework of outlook GPS, *Up* illustrates how we can gauge our current attitude latitude and move to healthier ground. Tindle brings a fresh eye to attitudinal traits such as optimism, noting that it has many faces, including the face of her own struggling optimism. Using the 7 Steps of Attitudinal Change that she applies to her own patients, Tindle offers us a path toward healthy aging. Prescriptive and accessible, *Up* puts forward a paradigm shift in how we age and treat disease, giving even the most struggling optimists a chance for hope. It will appeal to readers of *The Longevity Project* by Howard S. Friedman and Leslie R. Martin as well as *The Blue Zones* by Dan Buettner.

Links everyday products to illness-causing chemical buildups in the body, exploring the roles of manufacturing breakthroughs, political policies, and popular culture in exposing people to chemical hazards, in a report that also makes recommendations for how to address key concerns.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

With breakthroughs in understandings of the disease prone and self-healing personalities Dr. Howard S. Friedman gives his answers to important questions. Why are certain people more likely to achieve health than other, seemingly similar, people? How can one increase their chances of preserving their health? What are the health effects of our chronic mood states? How are heart disease, cancer, arthritis, and other diseases related to personality? How can the disease-prone personality be altered? The answers to these questions are emerging from an exciting new interdisciplinary health science, and *The Self-Healing Personality* is the authoritative source for understanding state-of-the-art findings that can allow you to enhance your capacity for a long and healthy life. "A really important book! We must empower individuals to preserve their own health. This book should be read by everyone wanting an elegant, understandable explanation of the latest scientific findings." —Dr. Margaret Chesney, President, Health Psychology Division, American Psychological Association

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