Lifespan: Why We Age and Why We don't have to.
David A. Sinclair ∧ Matthe D. Laplante.

The book starts by giving an overview of how early life started on the planet due to thermal vents in the oceans. He also talks about a type of style called organism that was able to survive due to the fact that it could wither down in times of stress

David then goes over the story of how he became interested in longevity and how he ended up at an MIT Lab due to a dinner party.

The book then pivots and talks about his research in longevity and about the Information Theory of aging. Which uses the analogy of analog bits to the epigenetic noise that is created due to time. Then the book also touches on solutions which are vital in fixing some of this epigenetic noise and have been demonstrated to be very useful in experiments

The book also touches on newer pharmacological interventions such as rapamycin, metformin, NMN.

The book then goes over the importance of lifestyle changes on lifestyle and the tremendous although limited affect they

Can induce upon longevity. David talks about how hormetic stressors can affect antagonise sirtuins to clear out senescent cells within the body. These processes are very important as they clear out senescent cells with the body

The gauthor also talks about rapamycin which was a substance found on the easter islands and used for kidney transplants to decrease the immune response, but it can be also used for longevity as it slows down age related degradation of epigenetic information.

Aging is also a disease which can cause a domino effect in regards to the lessening of other diseases. Its the root problem of many diseases. This is related to the fact that many of these diseases are results of degradation of epigenetic information due to aging.

David then ends the book with ethical considerations of stopping and slowing down aging. The main argument of David's is that positive Black Swan events with an increased healthy population will become more commonplace which will pick up the the burden of an increased population. There is also the consideration of who will have access to such technologies, and the exponential increase in disparity that such technologies could create with an assymetry in access to them.