

Longevity Lifestyles

How we'll live when we live forever

Panacea is Coming

1. AI Drug Discovery

- a. Treating rare diseases
- b. Cure for all cancers coming?
- c. Better, faster, cheaper drug discovery
- d. Endogenous and exogenous diseases

2. Rejuvenation Therapies

- a. Fountain of youth on cellular level
- b. Regenerative medicines ramping up

3. Sensing, Detection, Prevention, Modeling

- a. AI to detect and predict diseases
- b. AI to model genetics, proteins, etc
- c. Prevention is key!

4. AI is the panacea



Predictions

- 1. Indefinite Lifespan**
 - a. Ramping up to Longevity Escape Velocity
 - b. Compounding returns and acceleration
 - c. Five years? Ten years?
- 2. Post-Labor Economics**
 - a. As AI gets better, it will destroy more jobs
 - b. Eventually, work will be entirely optional for most
- 3. Hospitals Collapse**
 - a. Most reasons to go to hospital go away
 - b. Pretty much trauma and birth remain
 - c. May need to become government services; thin margins
- 4. Suburbs Collapse**
 - a. Fewer children
 - b. Different lifestyles
 - c. Suburbs optimized for commuting and single family homes



Longevity Lifestyles

Urban Socialites

Individuals who choose to reside in bustling urban environments to engage in a lively social scene, experience cultural richness, stay abreast of technological advancements, and thrive in a fast-paced lifestyle.

- **Social Networking:** Urban Socialites place a high value on social interactions, often participating in events, parties, and gatherings.
- **Cultural Exposure:** These individuals are drawn to the diverse range of art, music, and theater available in urban settings.
- **Technology-Driven:** Keeping up-to-date with technological advancements is crucial for this lifestyle, with a focus on smart homes and AI-assisted living.
- **Fast-Paced Life:** The appeal of a constantly evolving environment and the excitement it brings is a hallmark of the Urban Socialite lifestyle.
- **Experiential Living:** Urban Socialites seek diverse experiences, from pop-up events to immersive art installations, as a way of enriching their lives.



Rural Hermits

Individuals who opt for a life secluded in rural or mountainous areas, seeking tranquility, natural beauty, and a slower pace of life.

- **Nature Connection:** A strong affinity for natural settings, wildlife, and outdoor activities is central to this lifestyle.
- **Peace and Quiet:** The absence of urban noise and distraction is a significant draw for Rural Hermits.
- **Self-Sufficiency:** Many opt for a lifestyle that is largely self-sustaining, making use of local resources for food and energy.
- **Spiritual Reflection:** The solitude and natural setting often provide an environment conducive to meditation, mindfulness, or other forms of spiritual practice.
- **Minimalism:** A simplified lifestyle, often with fewer material possessions, aligns with the values of Rural Hermits.



Social Communes

Groups of people who come together based on shared interests or lifestyles, such as art, spirituality, or sustainability, to create intentional communities.

- **Shared Interests:** The foundation of these communes is often a shared passion or interest, such as yoga, environmentalism, or artistic pursuits.
- **Collective Living:** Members live collectively, sharing responsibilities like cooking, cleaning, and maintenance.
- **Skill Exchange:** Within the community, there's often an exchange of skills and knowledge that benefit all members.
- **Self-Governance:** These communes are usually self-governed, with decisions made collectively by the members.
- **Community Support:** Emotional and practical support from like-minded individuals is a key characteristic of life in a social commune.



Globetrotting Adventurers

Individuals who choose to travel extensively, living out of a backpack or minimal luggage, experiencing diverse cultures, landscapes, and adventures.

- **Exploration Focus:** The primary aim is to explore new places, often venturing off the beaten path to experience authentic cultures.
- **Minimalist Travel:** Travelling light is essential, carrying only what is necessary for survival and comfort.
- **Cultural Immersion:** Engaging deeply with local cultures, traditions, and cuisines is a significant aspect of this lifestyle.
- **Spontaneity:** Flexibility and openness to unexpected experiences define the approach to travel and life.
- **Extended Travel:** Unlike typical vacations, this lifestyle involves long-term travel, often for months or years at a time.



Natal Pods

Small groups of people who consciously choose to come together for the purpose of having and raising children in a collaborative environment, as child-bearing becomes a less frequent societal choice.

- **Collective Childcare:** The responsibility of raising children is shared among all members of the pod, making it a collective effort.
- **Intentional Formation:** Natal Pods are usually formed with careful thought and mutual agreement, rather than being based on traditional family structures.
- **Diverse Roles:** Each member may take on specialized roles based on their skills and interests, contributing uniquely to the community.
- **Resource Sharing:** Financial and material resources are often pooled for the collective well-being of the children and members.
- **Reduced Frequency:** The choice to have children becomes a significant, less common life event, making the formation of these pods a deliberate decision.



Eternal Gamers

Individuals who immerse themselves in virtual worlds and gaming ecosystems, engaging in complex narratives, social interaction, and competitive events as their primary lifestyle.

- **Virtual Socialization:** Most social interactions occur within the gaming environment or related platforms.
- **Skill Specialization:** A focus on mastering specific in-game skills, strategies, or roles is typical.
- **Alternate Economies:** Many engage in in-game transactions, often involving real-world value, as a means of sustaining their lifestyle.
- **Reality Augmentation:** Use of augmented reality and other immersive technologies to blend gaming with physical spaces.
- **Game-As-Life:** Treating the gaming world as a parallel, equally important reality, rather than a diversion from 'real life.'



Master Craftsmen

Individuals who dedicate their lives to mastering a particular craft or skill, such as woodworking, robotics, or culinary arts, often blending traditional methods with modern technology.

- **Skill Mastery:** The core focus is on becoming highly proficient in a chosen craft.
- **Innovation:** Incorporating new technologies and materials into traditional crafting methods.
- **Community of Practice:** Often part of a network of like-minded individuals for knowledge and skill sharing.
- **Legacy Creation:** Producing works or teachings that contribute to the longevity and evolution of their craft.
- **Hands-On Engagement:** A strong preference for physical manipulation and creation, often as a form of self-expression or fulfillment.



Conclusion

Potential Problems

1. Gerontocracy

- a. “Rule by the Elderly”
- b. Universal term limits for all government offices!

2. Wealth Consolidation

- a. Trillionaires hoarding everything
- b. Wealth taxes and property taxes

3. Cultural Stagnation

- a. “Science advances one funeral at a time”
- b. Mental rejuvenation

4. Demographic Collapse

- a. Overpopulation or population decline?
- b. Incentivize population equilibrium with policies

5. Regulatory Capture

- a. Corporations hoarding benefits, prioritizing profits
- b. Advocate for open source and democratization



Call to Action

- 1. Advocate for Post-Labor Economics**
 - a. Automate away human jobs
 - b. Redistribute wealth
 - c. AI as a public good
- 2. Champion AI in business**
 - a. Automate everything
 - b. Adopt AI
 - c. Invest in AI
- 3. Vote accordingly**
 - a. Look for politicians who believe in achieving PLE
 - b. Advance AI in medicine and research
 - c. Victory is possible with a common dream



How will you live?