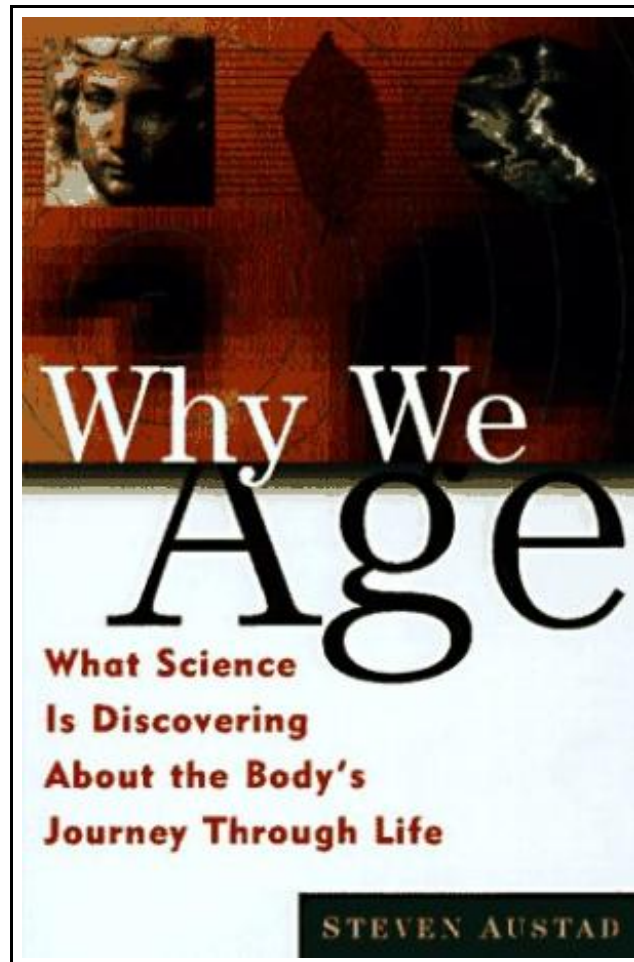


Why We Age: What Science Is Discovering about the Body's Journey Through Life



Filesize: 9.66 MB

Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Asia King)

WHY WE AGE: WHAT SCIENCE IS DISCOVERING ABOUT THE BODY'S JOURNEY THROUGH LIFE

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Wiley, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Why has the lifespan of the average American increased from 48 to 75 years in this century alone? Is the body a machine that simply wears out? If so, why do some cells seem immortal? What can we learn from the fact that different animals age at different rates? Will we find a gene for aging? Will we be able to control it? Is there any basis to the claims being made for melatonin and DHEA as antiaging drugs? Aging has long occupied a central position in the collective human consciousness. Now, in this eye-opening new book, biologist Steven Austad investigates the history, the theories, and the personalities behind the quest to understand it. In *Why We Age*, he offers real evidence from the front lines of research that science is finally closing in on its fundamental processes. A leading expert on aging, Dr. Austad clears away the clutter of exaggeration and folklore to present a full picture of the new understanding of what aging is, why it happens, and—most provocatively—whether it can be controlled. Drawing on the latest developments in such fields as evolutionary biology, comparative zoology, anthropology, and basic medical research, Austad surveys and synthesizes an enormous amount of material. He explores the basic concept of longevity and the various ways we measure it, and analyzes the claims of greatly extended lifetimes—as well as our eagerness to believe them. In anecdotes that read like detective stories, Austad tracks down outrageous examples of age inflation from around the world and throughout history, from the celebrated seventeenth-century case of Thomas Parr, who was buried with great honor in Westminster Abbey for his false claim of having lived more than 150 years, to intriguing tales from Pakistan, the Caucasus, and Ecuador. As...



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