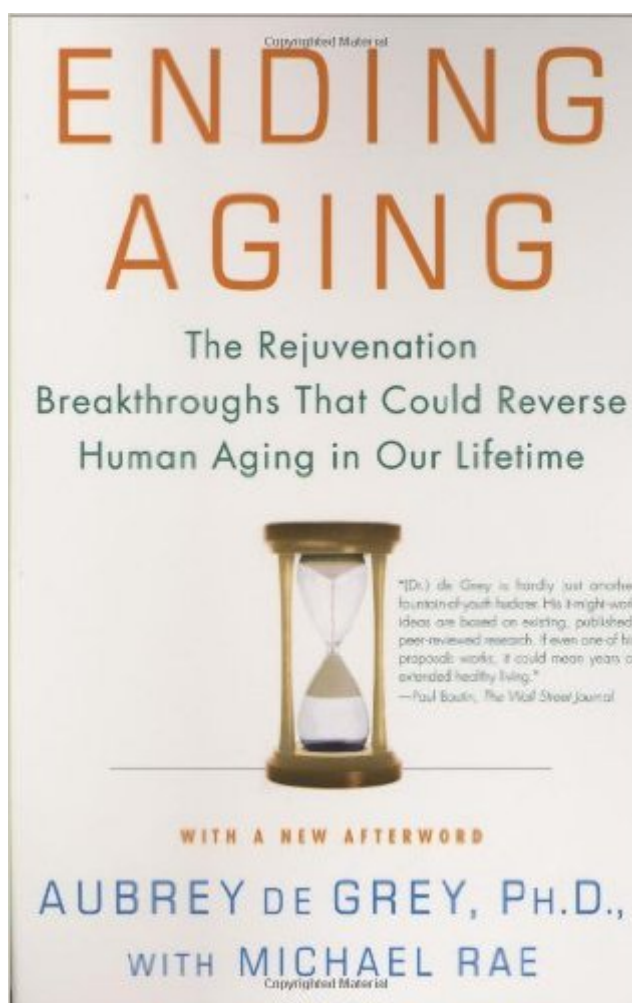


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Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging In Our Lifetime



Synopsis

With a New Afterword **Must We Age?** 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 is 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 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.

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Customer Reviews

"(Dr.) de Grey is hardly just another fountain-of-youth huckster. His it-might-work ideas are

based on existing, published, peer-reviewed research. He thinks more like an engineer than a scientist. If even one of his proposals works, it could mean years of extended healthy living. —Paul Boutin, The Wall Street Journal

People alive today could live to be a thousand years old — "His clarion call to action is the message neither of a madman nor a bad man, but of a brilliant, beneficent man of goodwill, who wants only for civilization to fulfill the highest hopes he has for its future." —Dr. Sherwin Nuland, clinical professor of surgery at Yale University School of Medicine and author of *How We Die* and *The Art of Aging* — "Seems to me this man could be put in jail with reasonable cause." —Dr. Martin Raff, emeritus professor of biology at University College London and coauthor of *Molecular Biology of the Cell* — A leading researcher sketches the real "fountain of youth" — The most realistic way to combat aging is to rejuvenate the body at the molecular and cellular level, removing accumulated damage and restoring us to a biologically younger state. — Comprehensive rejuvenation therapies can feasibly postpone age-related frailty and disease indefinitely, greatly extending our lives while eliminating, rather than lengthening, the period of late-life frailty and debilitation. — A comprehensive panel of rejuvenation therapies could probably be validated in laboratory mice within a decade. — We would then have a good chance of developing it for human use only a decade or two thereafter. — Removing the causes of aging-related deaths will also eliminate all the suffering that aging inflicts on most people in the last years of their lives. — Aging kills 100,000 people a day: old people, yes, but old people are people too. — Social concerns about the effects of defeating aging are legitimate but don't outweigh the merits of saving so many lives and alleviating so much suffering. — This text refers to an out of print or unavailable edition of this title.

I think it's important to read this book at least once, the research it's in continue development so I will suggest also to take a look at sens foundation and their reserach studies the surveys from different universities connected all over the world (Harvard , Cambridge etc..).personally I will suggest to skip the first part (that it's just a big intro about ethics etc... but I think we are beyond that) and go directly from the second part where it's the practical part.I more than recommend this book!

Really an excellent book on the subject. It raises many of the real questions about aging and where research stands on them at the date of writing. Anyone who is interested in ageing, and what

sensible person is not, should read this. It gives a good footing from which to progress throughout the ongoing years. My well-read version is dated 2007, but that does not detract from its value. I advise following Aubrey de Grey.

Through this book, de Grey and Rae introduced some very novel ideas that seem to slowly be getting some traction. The idea is that unwanted aging is best prevented by identifying and removing cumulative damage, and not trying to figure out exactly which biological mechanisms and processes cause it. Though that might be preferable, it's probably not as attainable. In essence, cure the disease, not the cause(s) or the symptom(s). Many feel the book devalues the approach of gerontologists. Maybe I'm wrong, but for me it doesn't. It only highlights the fact that gerontology isn't intent on preventing unwanted biological aging in humans. As such, it isn't as pragmatic, effective or realistic an approach to solving that problem. Being interested in aging, and wanting to prevent some aspect of it are, or can be two very different things. And that's fine. In some sense, the book argues that many conditions that are seen as age-related diseases, are just symptomatic of the larger disease of aging. They're subsets of aging. This seems fairly logical, but I'm not sure to what extent it's accurate. For one thing, it can be hard to differentiate between age- and time-dependent disease. In any case, it definitely has merit as an idea. The writing style is good, but very conversational. Some further editing might help. This isn't necessarily a bad thing, as it might make the book approachable to a wider audience. So I don't think it suffers too much from that, but I personally would like more clarity and brevity. I would also like some more detail, but that's what the internet is for. Basically this is a very good introduction for someone who isn't familiar with regenerative medicine. With all the interviews, etc it might feel as if Aubrey de Grey is just echoing himself, but consider his target audience. It's important to keep the message fairly simple, fairly consistent and fairly current. He does that in shovels.

One of the most important scientific ideas of our generation. The problem of aging is the most important problem humanity faces today, hands down. Dr. de Grey illustrates his idea for engineering solutions around the aging problem, and then discusses biology and case studies for most of the remaining parts of the book in support of the idea. More scientists should be goal-oriented in this manner rather than merely reporting on nature. Great book!

I am an avid supporter of anti-aging research and rejuvenation technologies. I wanted to read Aubrey De Grey's book because it seemed to be a great way to get a broad idea of what kinds of

research people are doing, and what needs to be done in order to keep us youthful and healthy forever. I like the approach he takes, detailing his thought process in the beginning of the book and at the beginning of each chapter or section, and then explaining the scientific details in a way that a learned non-scientist could understand it. I know little to nothing about mitochondriopathy, for example, but I was able to understand what he was explaining in the book to some degree. Though the book may be over some people's heads (mine including), it's a great way to learn more about the research if you know about science, or if you yourself are a scientist looking to expand on the field. I'd recommend this book to any biologist, biochemical researcher, or anyone in a similar field looking for ways to expand their research in a meaningful way. Frankly, if we gave more attention to anti-aging research, we'd be able to move this along quickly and also cure numerous diseases in the process, as well as prevent many others. I'm almost done with the book. :)

It's a tough read and to be honest, I never finished reading it. It's definitely an interesting topic and I appreciate the direction they're going with their research, but it's easy to put down.

Brilliant Book, however a Deep and Heavy Read! You won't read this book overnight or in two days, and if YOU do, be assured you will have missed the message.

The man who wrote this book truly is a visionary. History will hold him in high regard for having predicted the basic principles about living indefinitely. I wrote to this guy and we communicated about a novel I was writing, he was a bit confused when I asked him for advice but he is one of the people I have mentioned at the back of my book, awaiting publication, One of the most brilliant, and unrecognized people in the medical community today.

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