

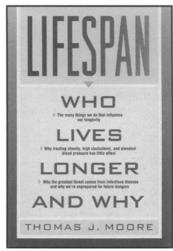
Lifespan is the story of the modern quest for a longer and healthier life. Fascinating and well documented, it discusses what matters for living longer and what is not so important. It examines how scientists, drug manufacturers, and food companies promote products that have little effect on lifespan, and shows where we are neglecting some major threats.

Lifespan offers a new perspective on longevity factors that we hear about every day. How important are weight and cholesterol? (Author Thomas Moore explains why these risk factors are exaggerated.) Is your parents' or grandparents' longevity a guide to your own lifespan? (It is a generally unreliable indicator of your prospects, although the genes you inherit may be very important.) Why do some individual actions, such as smoking, matter, while others, such as exercise, have little or uncertain effect?

Lifespan also journeys to the scientific frontiers of longevity research. Find out what kind of breakthough would it take for most people to live to age 100. Moore describes the experiments that greatly increase the lifespan of animals and might work in humans, and he tells us about the hormones that might control the aging process.

This book helps make sense of a fascinating subject that intrigues us all — mankind's oldest dream, the desire to extend the natural lifespan.

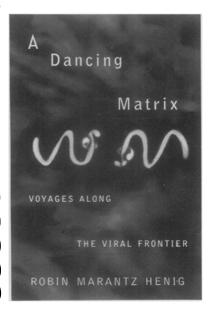
- from Simon & Schuster



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The onslaught of AIDS has demonstrated the devastating cost of our ignorance about viruses. It is clear that new viruses as potentially destructive as the AIDS virus are constantly evolving and that we are insufficiently prepared to combat them.

Robin Henig makes brilliantly clear what viruses are; how they are transported; under what conditions they thrive; how they inflict damage and how scientists are trying to protect us from them.

We are shown how difficult a task health officials face, how every decision made anywhere in any sphere of life — environmental, political, demographic, economic, military — carries implications about disease that reverberate halfway around the world.

Interweaving theory with the dramas of trial and error and of achievement on the frontiers of science, this book chronicles the challenging worldwide battle against mankind's tiniest and perhaps most complicated and dangerous enemy.

-from Alfred A. Knopf

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