



The study of aging has reached a turning point—what some are calling a scientific revolution. A new and deep understanding of the mechanisms of aging is about to give scientists the power to intervene in the process. *Stealing Time*, by best-selling science journalist Fred Warshofsky, offers startling evidence that the future may bring a doubling—perhaps a near tripling—of how long we may expect to live.

As experts approach a fundamental understanding of how we age, the belief that aging is a downhill journey is being challenged. Renowned scientists in the fields of genetics, gerontology, evolutionary biology, chemistry, physiology, nutrition, zoology, neuroscience, and medicine see life-extending techniques within reach.

Stealing Time is about how and why we age. Research exploring new frontiers on the cellular and genetic levels is providing astonishing insights into the aging process, with

Daytime Phone

evolution and natural selection explaining why some species age more slowly than others and some not at all. Warshofsky also examines the new paradigm of aging: A long life need not be one of disease and decline. He discusses in detail the recent discoveries that have extended the lives of animals and how this breakthrough information offers soon-to-be-realized methods of extending human life.

—from TV Books

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