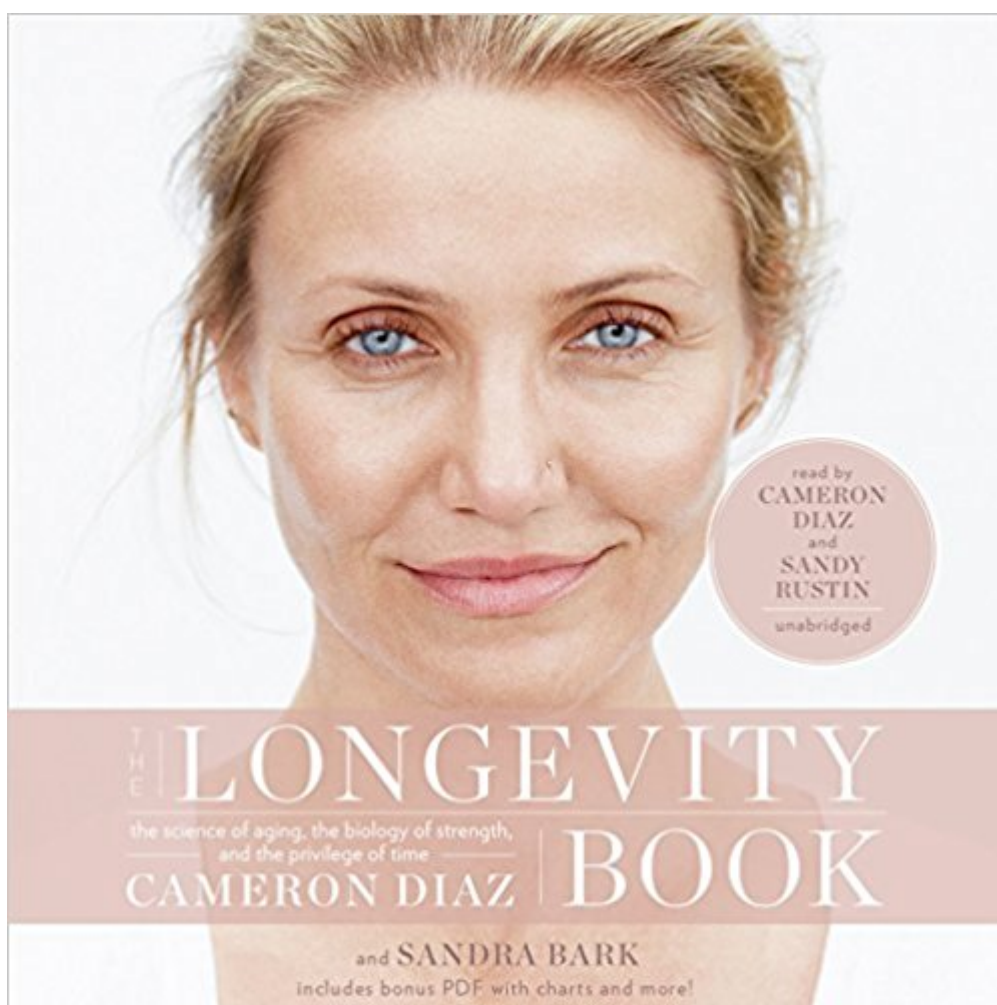


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# The Longevity Book: The Science Of Aging, The Biology Of Strength, And The Privilege Of Time



## Synopsis

[Read by Sandy Rustin]Cameron Diaz follows up her #1 New York Times bestseller, *The Body Book*, with a personal, practical, and authoritative guide that examines the art and science of growing older and offers concrete steps women can take to create abundant health and resilience as they age. Cameron Diaz wrote *The Body Book* to help educate young women about how their bodies function, empowering them to make better-informed choices about their health and encouraging them to look beyond the latest health trends to understand their bodies at the cellular level. She interviewed doctors, scientists, nutritionists, and a host of other experts, and shared what she'd learned -- and what she wished she'd known twenty years earlier. Now Cameron continues the journey she began, opening a conversation with her peers on an essential topic that that for too long has been taboo in our society: the aging female body. In *The Longevity Book*, she shares the latest scientific research on how and why we age, synthesizing insights from top medical experts and with her own thoughts, opinions, and experiences. *The Longevity Book* explores what history, biology, neuroscience, and the women's health movement can teach us about maintaining optimal health as we transition from our thirties to midlife. From understanding how growing older impacts various bodily systems to the biological differences in the way aging effects men and women; the latest science on telomeres and slowing the rate of cognitive decline to how meditation heals us and why love, friendship, and laughter matter for health, *The Longevity Book* offers an all-encompassing, holistic look at how the female body ages -- and what we can all do to age better. Without sugarcoating the hard facts -- a sixty-year-old body is different than a thirty-five-year-old body, no matter how much yoga you do -- or romanticizing the upside -- wisdom comes with age, if you live your life wisely -- Cameron offers women a compassionate, informative, and intimate tour through the next stage of life.

## Book Information

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## Customer Reviews

"Brilliant... What I love about The Longevity Book is that it is not an anti-aging book.... It's about not being afraid of it and owning your age." (Rachael Ray)"The Longevity Book dives deep into the aging process and how women can (and should) totally own it." (Women's Health)"You'll finish the book feeling more informed about the natural process of aging and excited to make changes to help you thrive now and decades into the future." --(Mindbodygreen)"A self-help exploration that doesn't serve as a standard guide to superficial beauty, but rather a science-backed exploration of what propels our bodies into their later years." --(Entertainment Weekly)"Very well done and full of fantastic tips for how to grow old gracefully." --(Dr. Mehmet Oz)

The science of aging, The biology of strength and The privilege of timeAs soon as she hit the age of thirty-nine, the questions began. In seemingly every conversation, journalists asked Cameron Diaz if she was afraid of turning forty. "As these questions about my age became a consistent part of every interview," she says, "I realized just how frightened we all are of getting older." Her desire to learn more about the aging process led her to write The Longevity Book, an enlightening follow-up to the #1 New York Times bestseller The Body Book. In The Body Book, Cameron revealed her insights on health, wellness, and the importance of the mind-body connection in what became an essential guide for young women everywhere. Now her mission to educate and empower continues as she tackles the next phase of life. Unlike so many books about aging for women, The Longevity Book does not take an anti-aging stance, and it is not focused on how to look younger. As Cameron writes, "I'm not going to tell you how to reverse the aging process in thirty days. This book examines how the aging process works, why we age in the first place, and how it will affect us physically and emotionally." The Longevity Book provides a comprehensive overview of the female body over time, from those first gray hairs that crop up in our thirties to the menopause transition that can begin in our forties or fifties to the increased health risks "for breast cancer, Alzheimer's, heart disease, depression, and more" we face in our sixties and beyond. Human life expectancy is longer than it has ever been; we are among the first generations to lay claim to our forties as an extension of our thirties instead of a preamble to our seventies. But in order to enjoy this gift of longevity, it is essential to understand and prepare for the road ahead. In

The Longevity Book, Cameron shares cutting-edge research on aging, synthesizing insights from top medical experts with her own thoughts, opinions, and experiences. From understanding how growing older impacts various bodily systems to the differences in the way aging affects men and women; from the latest science on slowing the rate of cognitive decline to why love, friendship, and laughter matter for health, The Longevity Book offers an all-encompassing, holistic look at how the female body ages—and what we can all do to age better. --This text refers to the MP3 CD edition.

Like all of us, Cameron Diaz is getting older. When she turned 40, she discovered that by Hollywood standards she's over-the-hill. Moreover, she learned that back in 1850, the average life expectancy of a woman was only 40 years. These realizations inspired her to take an in-depth look at aging, including the science, biology, and history behind why and how we age. She interviewed prominent doctors, scientists and aging specialists to ascertain the latest research into how the body ages. In this fascinating book, Cameron shares with us what she's learned from these experts and how we can apply this to our lives. In the first half, Cameron explores such topics as the silver tsunami, geroscience, the biological differences between how men and women age, aging on a cellular level, and menopause. These topics are covered in great detail, and she includes figures, diagrams and illustrations equivalent to what you would find in a textbook. The second half covers how to slow down aging and even prolong your life, including recommendations on what to eat, how to manage stress and how to strengthen and support your brain. As a physician, I found her research fascinating and her recommendations on-the-mark. I would recommend this to all of my female patients who want to gain a clear understanding of what they can do to maintain vitality throughout their later years. A great companion to this book is Dr. Anthony Youn's *The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger*. While Cameron's book gives great lifestyle guidelines for slowing down aging, Dr. Youn's new book (he's a plastic surgeon) tops that information off with practical tips & treatments to look younger. The two books combine to give the reader a master's course in anti-aging. Kudos to Cameron for writing a book of substance, above-and-beyond all of the vapid celebrity tomes. This one will improve people's lives and help them live longer and healthier.

Love Cameron Diaz. Such a positive person, and a great sense of humor. This is the best price I could find on the book by far, and has such fast service.

Good information, but I'm not a fan of glossy pages. I like to highlight and made notes.

Every woman, person actually, could benefit from reading this book. I skimmed over some of the heavy technical content, however the authors did a great job in making it relevant and understandable. I enjoyed getting to know and understand me better as I read. Great book.

I loved her first book, so naturally I was thrilled to see that she came out with a part two so to speak. The book is very informative and beautifully made. Recommend highly.

Haven't finished it yet but am very impressed with what I've already read. Her approach to aging, especially female aging, is refreshing and empowering. Two thumbs up!

I love Cameron Diaz. Her book is as helpful and interesting as I expected. She is a real beauty inside and out. Thanks.

A little to much physiology. Lost my interest.

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