"It is important to have basic knowledge of what we do and do not understand about growing old and what we can and cannot do to influence it.

I trust Michael Rose as an expert in this territory."

-From the Foreword by ANDREW WEIL, M. D.

THE LONG TOMORROW

How Advances in Evolutionary Biology Can Help Us Postpone Aging



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Long Tomorrow How Advances In Evolutionary Biology Can Help Us Postpone Aging

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