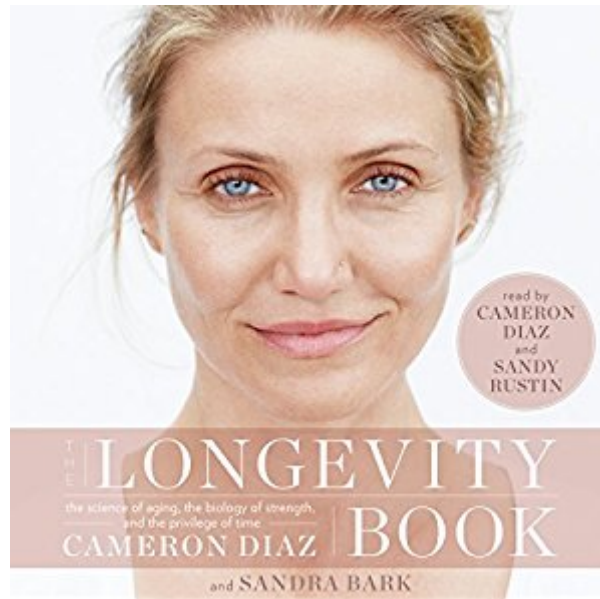


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# The Longevity Book: The Science Of Aging, The Biology Of Strength, And The Privilege Of Time



## Synopsis

Cameron Diaz follows up her number-one New York Times best seller, *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 20 years earlier. Now Cameron continues the journey she began, opening a conversation with her peers on an essential topic 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 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 30s to midlife. From understanding how growing older impacts various bodily systems to the biological differences in the way aging affects men and women; the latest science on telomeres and slowing the rate of cognitive decline; 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 60-year-old body is different from a 35-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

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.

I bought this book yesterday and have thumbed through it. My initial impressions is that it's an honest approach at discussing a topic that Ms. Diaz is approaching herself, aging. I think it's unfair, to say at the least, to judge it on the fact that she is an actress or the fact that she smokes. Many people who are in the arts are very well educated and have interests other than their respective fields. And as far as smoking, a doctor that saved my life as an infant and subsequently became the family pediatrician for decades, before losing his life to lung cancer, would have been the first to claim it was an awful addiction! I understand everyone has a right to an opinion, but I think you

should at least read a book before offering a negative review of it. Based on my INITIAL readings I am offering 4 stars and will be back when I read the entire book.\*\*\* Incase someone questioned WHY I posted this, I responded to a previous post, that has since been removed, that trashed the book without reading it. The person said something to the fact that she was a famous person who smoked so why bother? I thought that was really unfair.

Well, I really wished she would have taken this book to the end of woman's life. There are so many things mothers did not tell daughters that many of us in our 60's, 70's and 80's have had to find out on our own - sadly.

I really liked this book, it's interesting to think about the body on a cellular level. As I listened to this audiobook I couldn't stop thinking about my mom, who is obese, diabetic, eats unhealthy food, and lives a sedentary lifestyle. I grew up unhealthy, eating junk food and watching too much television after school. I was overweight in high school and ended up developing an eating disorder because I didn't know HOW to be healthy. It took me 10 years and a lot of self destruction, I finally realized what I should do for myself to be healthy. And I am still learning every day. I applaud Cameron for writing this book. If more people spoke out about how to treat our bodies well and love ourselves, there would be a lot less people suffering from physical and mental disease. Other reviews accuse the book of being generic, but really, people out there STILL don't get it!! I wish this book and other books like it would have come out while I was growing up (especially that it is geared towards women and a positive self image). People need to hear it, and realize they can do something for themselves to change. For some reason many people have blinders on (including my Mom) and ignore or refuse to acknowledge things they can do to help themselves.

I really appreciate this book, as well as the previous one. Very inspirational and charmingly written, as well as factually interesting. I love getting older (am 44 years old) so I didn't buy this book "to find ways of staying young looking", but more because I loved The Body Book so much and, again felt inspired. I work with my body all the time (teach yoga, core and spinning) plus have an otherwise active job(which I love) so my strive is always to balance my active time with some good old fashion sitting down time. Inspiration and great ideas came pop up at any given time and I think these two books are superbly presented and written. Kudos to Diaz for keeping things real and, my favourite expression, "back to basics". I really hope these two talented women write a third!! strongly recommend The Longevity Book, it's a must have! Kindest regards //Jejja in Sweden

Unfortunately I found this book to be very basic. I wanted to love it but I just can hardly get through it because I am so bored. Disappointed. I adore Cameron Diaz and when I saw her on Ellen promoting this book I had to have it. It sounded so intriguing. As a few other reviewers commented on this too I will as well - the book jacket is filthy. No one wants to buy a pretty book and have it come looking messy.

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