



# The Longevity Book: The Science of Aging, the Biology of Strength, and the Privilege of Time

By Cameron Diaz, Sandra Bark

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[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 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.

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## Editorial Review

### Review

"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...full of fantastic tips for how to grow old gracefully." --(Dr. Mehmet Oz)

### From the Back Cover

The science of aging, The biology of strength and The privilege of time

As 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.

#### About the Author

**Cameron Diaz** made her feature-film debut at age twenty-one. Since then she has appeared in small-budget and blockbuster films alike. She supports numerous causes that advocate environmental concerns, education, and the empowerment of women and girls. Cameron grew up in Southern California and divides her time between Los Angeles and New York.

**Sandra Bark** is a #1 *New York Times* bestselling author who collaborates with cultural icons and experts to develop their ideas into books. Her clients include Cameron Diaz, Daphne Oz, Kat Von D, and Lori Goldstein, among others. She lives in Brooklyn.

### Users Review

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##### **Aubrey Newsome:**

What do you regarding book? It is not important together with you? Or just adding material when you really need something to explain what your own problem? How about your extra time? Or are you busy man? If you don't have spare time to complete others business, it is make one feel bored faster. And you have spare time? What did you do? All people has many questions above. They have to answer that question because just their can do in which. It said that about publication. Book is familiar on every person. Yes, it is suitable. Because start from on pre-school until university need this particular *The Longevity Book: The Science of Aging, the Biology of Strength, and the Privilege of Time* to read.

##### **Jere Bingham:**

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**Ryan Walker:**

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**Darren Perez:**

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