



## Spring Chicken: Stay Young Forever (or Die Trying) (Paperback)

By Bill Gifford

Grand Central Publishing, United States, 2016. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. From acclaimed journalist Bill Gifford comes a roaring journey into the world of anti-aging science in search of answers to a universal obsession: what can be done about getting old? **SPRING CHICKEN: Stay Young Forever (or Die Trying)** **SPRING CHICKEN** is a full-throttle, high-energy ride through the latest research, popular mythology, and ancient wisdom on mankind's oldest obsession: How can we live longer? And better? In his funny, self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness right down into the innermost workings of cells. We visit cutting-edge labs where scientists are working to hack the aging process, like purging senescent cells from mice to reverse the effects of aging. He'll reveal why some people live past 100 without even trying, what has happened with resveratrol, the red wine pill that made headlines a few years ago, how your fat tissue is trying to kill you, and how it's possible to unlock longevity-promoting pathways that are programmed into our very genes....



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