



## Why We Age: What Science Is Discovering about the Body's Journey Through Life

By Austad, Steven N.

Wiley, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Why has the lifespan of the average American increased from 48 to 75 years in this century alone? Is the body a machine that simply wears out? If so, why do some cells seem immortal? What can we learn from the fact that different animals age at different rates? Will we find a gene for aging? Will we be able to control it? Is there any basis to the claims being made for melatonin and DHEA as antiaging drugs? Aging has long occupied a central position in the collective human consciousness. Now, in this eye-opening new book, biologist Steven Austad investigates the history, the theories, and the personalities behind the quest to understand it. In *Why We Age*, he offers real evidence from the front lines of research that science is finally closing in on its fundamental processes. A leading expert on aging, Dr. Austad clears away the clutter of exaggeration and folklore to present a full picture of the new understanding of what aging is, why it happens, and—most provocatively—whether it can be controlled. Drawing on the latest developments in such fields as evolutionary biology, comparative zoology, anthropology, and...



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