



Fantastic Voyage: Live Long Enough to Live Forever

By Ray Kurzweil, Terry Grossman

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From the author of *How to Create a Mind* comes startling discoveries in the areas of genomics, biotechnology, and nanotechnology occur practically every day. The rewards of this research, some of it as spectacular as science fiction, are practically in our grasp. *Fantastic Voyage* shows us how we can use these new technologies to live longer than previously imaginable.

The authors take the reader on a journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science regarding diet, supplementation, genetics, detoxification, and the hormones involved with aging and youth. By following their program, which includes such simple recommendations as eating a balanced, low-glycemic-index diet, and taking powerful anti-aging nutritional supplements, anyone will be able to add years of healthy, active life.

"This visionary book provides a state-of-the-art synthesis of the latest evidence on aging." (Dean Ornish, M.D., developer of the Opening Your Heart program)

"A concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge." (Dean Kamen, physicist and inventor of the iBOT Mobility System and Segway Human Transporter, and recipient of the National Medal of Technology)

"Fantastic Voyage boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely. (John Gray, Ph.D., author of **Men Are from Mars, Women Are from Venus**)

"Anyone can find it easy to implement action that will enhance their health. (George King, M.D., professor of medicine, Harvard Medical School)



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Bibliography

- Sales Rank: #90065 in Books
- Brand: Plume
- Published on: 2005-09-27
- Released on: 2005-09-27
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.00" l, 1.06 pounds
- Binding: Paperback
- 464 pages



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Editorial Review

Amazon.com Review

The idea behind Kurzweil and Grossman's *Fantastic Voyage* is that if you can make it through the next 50 years, you might become immortal. How will that be possible? Through some rather science fictional steps, it turns out, including taking advantage of the latest in biotechnological breakthroughs and not-yet-invented nanotechnology. Is all this longing for immortality driven by an obsession with youth or a fear of death? Readers can judge for themselves, as both Kurzweil and Grossman reveal the personal histories that led them to develop this plan. *Fantastic Voyage* is written in an easy-to-understand tone, with lots of sidebars giving examples of what the future holds for medicine and health. Whether or not you think that science will find a way to keep our bodies or our disembodied minds alive forever, this book is full of diet and lifestyle tips. For instance, the authors suggest carefully controlling the body's overall pH at an alkaline level, meditating, eating a diet composed mostly of vegetables and protein, and taking loads of supplements (Kurzweil downs about 250 pills each day). The dietary options presented here will mostly only be practical for people whose income levels can support buying organic produce, fresh fish and meat, and top-shelf supplements. The authors cavalierly state that we are living in a "time of abundance," but it seems likely that most who are able to follow this regimen will be Americans of a fairly high socioeconomic class. --*Therese Littleton*

Review

"This visionary book provides a state-of-the-art synthesis of the latest evidence on aging."—**Dean Ornish, M.D., bestselling author of *The Spectrum* and developer of the *Opening Your Heart* program**

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About the Author

Ray Kurzweil is a prize-winning author and scientist. Recipient of the MIT-Lemelson Prize (the world's largest for innovation), and inducted into the Inventor's Hall of Fame, he received the 1999 National Medal of Technology. His books include **The Age of Spiritual Machines**, **The Age of Intelligent Machines**, and **How to Create a Mind**.

www.kurzweiltech.com

www.kurzweilai.net

Terry Grossman, M.D., is a certified anti-aging specialist and expert in longevity medicine. He is the author of **The Baby Boomer's Guide to Living Forever**.

Users Review

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Richard Burnett:

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Margo Soares:

Reading a guide tends to be new life style in this era globalization. With examining you can get a lot of information that may give you benefit in your life. Using book everyone in this world can share their idea. Guides can also inspire a lot of people. Many author can inspire their very own reader with their story or their experience. Not only the story that share in the publications. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors in this world always try to improve their proficiency in writing, they also doing some investigation before they write on their book. One of them is this *Fantastic Voyage: Live Long Enough to Live Forever*.

Joshua White:

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