



Fantastic Voyage: Live Long Enough to Live Forever

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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