



The Clock of Ages: Why We Age, How We Age, Winding Back the Clock

John J. Medina

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A few gray hairs and a couple of wrinkles are often the first visible signs of aging on our bodies. For most of us, however, aging remains largely a mystery. We can only wonder why we have to age and what casualty of age hovers nearby. Written in everyday language, *The Clock of Ages* takes us on a tour of the aging human body--all from a research scientist's point of view. From the deliberate creation of organisms that live three times their natural span to the isolation of genes that may allow humans to do the same, *The Clock of Ages* also examines the latest discoveries in geriatric genetics. Sprinkled throughout the pages are descriptions of the aging of many historical figures, such as Florence Nightingale, Jane Austen, Billy the Kid, Napoleon, and Casanova. These stories underscore the common bond of senescence that unites us all. *The Clock of Ages* tells us why.

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