



# Transcend: Nine Steps to Living Well Forever

By Ray Kurzweil, Terry Grossman

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**Transcend: Nine Steps to Living Well Forever** By Ray Kurzweil, Terry Grossman

In *Transcend*, famed futurist Ray Kurzweil and his coauthor Terry Grossman, MD, present a cutting edge, accessible program based on the vanguard in nutrition and science. They've distilled thousands of scientific studies to make the case that new developments in medicine and technology will allow us to radically extend our life expectancies and slow the aging process.

*Transcend* gives you the practical tools you need to live long enough (and remain healthy long enough) to take full advantage of the biotech and nanotech advances that have already begun and will continue to occur at an accelerating pace during the years ahead. To help you remember the nine key components of the program, Ray and Terry have arranged them into a mnemonic: Talk with your doctor, Relaxation, Assessment, Nutrition, Supplements, Calorie reduction, Exercise, New technologies, Detoxification.

This easy-to-follow program will help you transcend the boundaries of your genetic legacy and live long enough to live forever.

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### Editorial Review

From Publishers Weekly

According to futurist Kurzweil (The Singularity is Near) and homeopathic medical doctor Grossman (The Baby Boomer's Guide to Living Forever), medicine is transforming into an information technology, which by its nature advances at an exponential rate. Thus, those interested in "radical life extension" must make it their immediate goal to live through the next 20 or so years, in order to see advances like DNA reprogramming and submicroscopic, cell-repairing robots. This "guide to Bridge One" outlines nine areas: talking with your doctor, relaxation, assessment, nutrition, supplementation, calorie reduction, exercise, new technologies, and detoxification. Familiar common-sense health advice abounds, but is practical and thorough; along with one to five cups of green tea each day, the authors provide low-cal recipes like Ginger Turkey Burgers and Herbed Zucchini. A detailed exercise routine for aerobic and weight training is also included. Kurzweil and Grossman, who last explored this subject together in 2005's *Fantastic Voyage*, also look at supplements, medical tests and hormone "optimization"; happily, chapters on calorie reduction and detoxification avoid trendy, potentially dangerous approaches. Whether or not it's true that, within two decades, we'll have the tools to live forever, this is an intelligent, optimistic guide to healthy living, with an intriguing view of medicine's future.

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### Review

"Ray Kurzweil knows more about the future of technology than anyone on the planet. If you want to have the greatest chance of seeing the next century, read *TRANSCEND* today." ?*Dean Ornish, MD, founder and president, Preventive Medicine Research Institute; clinical professor of medicine, University of California, San Francisco; author, The Spectrum and Dr. Dean Ornish's Program for Reversing Heart Disease*

"Kurzweil and Grossman have created another breathtaking book--a concise yet comprehensive guide to staying healthy and living life to the fullest. This visionary and must-read book also provides a brilliant and entertaining view of our transcendent future if we follow the *TRANSCEND* program." ?*Dean Kamen, physicist and inventor of the first wearable insulin pump, HomeChoice portable dialysis machine, iBOT Mobility System, and Segway Human Transporter, and recipient of the National Medal of Technology*

"*TRANSCEND* provides a comprehensive yet easy-to-read review of the latest scientific and medical research related to the process of aging and age-related diseases, which will eventually affect all of us. Ray and Terry present an insightful view of the remarkable future that awaits us through growth of technology, while providing the motivation today to stay in shape to enjoy this future. This extremely well researched book provides a vision and roadmap for keeping both body and mind healthy so that we can take advantage of future advances to prolong healthy lifespan." ?*Ron Kahn, MD, Mary K. Iacocca Professor, Harvard Medical School; former president and former director of research, Joslin Diabetes Center*

### About the Author

RAY KURZWEIL is one of the world's leading inventors, thinkers, and futurists. A recipient of the National Medal of Technology among many other honors, Kurzweil is the author of *The Age of Spiritual Machines*, *The 10% Solution for a Healthy Life*, and *The Age of Intelligent Machines*. He lives in Massachusetts.

TERRY GROSSMAN, MD , is the founder and medical director of Frontier Medical Institute in Denver, CO, a leading longevity clinic. Certified in anti-aging medicine, he lectures internationally on longevity and anti-aging strategies. Author of The Baby Boomers' Guide to Living Forever, Dr. Grossman lives in Colorado.

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Nowadays reading books be than want or need but also become a life style. This reading habit give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The information you get based on what kind of guide you read, if you want send more knowledge just go with education books but if you want truly feel happy read one along with theme for entertaining for instance comic or novel. The particular Transcend: Nine Steps to Living Well Forever is kind of publication which is giving the reader erratic experience.

#### Angela Dreiling:

The reserve untitled Transcend: Nine Steps to Living Well Forever is the guide that recommended to you to learn. You can see the quality of the publication content that will be shown to you. The language that publisher use to explained their way of doing something is easily to understand. The writer was did a lot of exploration when write the book, to ensure the information that they share for your requirements is absolutely accurate. You also could get the e-book of Transcend: Nine Steps to Living Well Forever from the publisher to make you much more enjoy free time.

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