



It is an interesting book for doctors, but especially, in my opinion, for patients.

The purpose of the book is to better understand the mechanisms of aging in a scientific way, but easily understandable for everyone else. It is perfect to discuss about immortality, or better to talk about "long life" and especially about "good life"!

Life, almost naturally, tends to be longer in the past years. We can live longer especially in these years where we can definitely enjoy life more, not because we are older, but because we are wiser and have more time to spend enjoying what life has to give us. And with a great experience on our back.

We have plenty of free time now and we can enjoy our hobbies and passions, now it is the right time to do them.

But the health of the body and especially of the mind is important.

Not everything is luck.

Reading this book we can understand that we can do something about it.. medicine and lifestyle!!

I advice everyone to follow their passions, not to stay just with sons and grandsons, but to learn to live for yourself, with a right portion of selfishness and a healthy altruism! We just have one life to live!

Old age is just a way of thinking!

Enjoy the book!

Alessio Redaelli