

# CHEATING TIME

SCIENCE,  
SEX AND  
AGEING

ROGER  
GOSDEN



# Cheating Time Science Sex And Ageing

**Liyong Dong**



## **Cheating Time Science Sex And Ageing:**

*Cheating Time* Roger Gosden,1999-09-01 A combination of fascinating theories and findings coupled with anecdotes on life are featured in a guide to help readers understand the latest information on science sex and aging 12 illustrations

**Cheating Time** R. G. Gosden,1996 Drawing on his medical expertise historical knowledge and good humor Gosden shares amusing anecdotes as he discusses fascinating theories and current research efforts that are giving us some good reasons to be optimistic The trajectory of human life need not be one of inexorable decay and decline While we cannot hope to attain eternal youth we are in the process of discovering how to live longer lives in good health how to extend our biological clocks a bit further and how to cheat time *The Quest for Immortality* Bruce A. Carnes,S. Jay

Olshansky,2014-04-21 This is by far the best book I ve read on the science of aging Andrew Weil M D Life span Truth Will Set You Free from Age old Worries announced the Chicago Tribune upon the first publication of this book The New England Journal of Medicine confirmed For readers interested in aging and longevity this small book clearly explains the major concepts extremely enjoyable to read From NBC Nightly News with Tom Brokaw to Scientific American to the New York Times S Jay Olshansky and Bruce A Carnes have stirred up controversy and brought clarity to an issue often muddled by exaggeration and pseudoscience Medical science has uncovered a host of answers to the problems of aging but many of the most exciting discoveries are buried in scientific journals or overshadowed by popular quick fix treatments The Quest for Immortality explains the real science of aging and shows which treatments offered by today s multi billion dollar anti aging industries offer real hope and which are a waste of money and time **Marathon Medicine** Dan Tunstall Pedoe,2001-05-01

Leading experts in the field examine the physiology psychology and medical aspects of long distance running focusing on the significant developments in this area over the past 25 years Topics include the history of endurance training the social phenomenon of marathon running marathon myths and medicine the effects of ageing and the dominance of African runners

The Fountain of Youth Stephen G. Post,Robert H. Binstock,2004-04-08 If effective anti aging interventions were achieved they would likely bring about profound alterations in the experiences of individual and collective life What if modern scientists could find the modern equivalent to the Fountain of Youth that Ponce de Leon sought This book addresses this question by exploring the ramifications of possible anti aging interventions on both individual and collective life Through a series of essays it examines the biomedical goal of prolongevity from cultural scientific religious and ethical perspectives offering a sweeping view into the future of aging **Enduring Questions in Gerontology** Debra J. Sheets,Dana Burr

Bradley, PhD,Jon Hendricks, PhD,2006 Enduring Questions in Gerontology provides a comprehensive perspective on the abiding issues in gerontology Both current and future gerontologists will find this book useful in examining emerging dilemmas and creating a context for further progress in the field of aging The most creative thinkers contributing to the gerontological literature reflect on their disciplines consider how key questions have emerged review how they have changed

in the decades since gerontology entered the fray and speculate what may lie ahead The resulting collection of essays offers a comprehensive perspective on the enduring questions in gerontology and how they have shaped our understanding of differences in the experience of old age Key contributors to this volume include George L Maddox Christine L Fry Steven Austad Kenneth Brummel Smith Manfred Diehl Martha Holstein W Andrew Achenbaum James E Birren As an emerging or seasoned scholar you will find insights into the ways in which each disciplinary focus grapples with societal transitions identifies emerging issues and lays out strategies and salient perspectives for what should come next

**The Elderly** Martin Lyon Levine, 2017-05-15 Aging is a public health priority that is becoming increasingly important in both developed and less developed nations with individual health care providers and law makers each facing difficult ethical and policy dilemmas The complex issues physicians deal with include informed consent and patient decision making capacity use of advance care planning and decision making by family and medical staff and withdrawing and withholding life sustaining interventions Broader questions include has aging been over medicalized Is it ethical for older patients to receive less medical care than younger ones through unspoken practice or formal rationing Is there inevitable conflict between the generations over scarce medical resources How should physician patient and family confront end of life decisions How have different nations responded to increasing numbers of the elderly Have social values changed as to family responsibility and individual autonomy This volume brings together the most significant published essays in the field

*Why Zebras Don't Get Ulcers* Robert M. Sapolsky, 2004-09-15 Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work with over 225 000 copies in print Now in a third edition Robert M Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects sleep and addiction as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress As Sapolsky explains most of us do not lie awake at night worrying about whether we have leprosy or malaria Instead the diseases we fear and the ones that plague us now are illnesses brought on by the slow accumulation of damage such as heart disease and cancer When we worry or experience stress our body turns on the same physiological responses that an animal's does but we do not resolve conflict in the same way through fighting or fleeing Over time this activation of a stress response makes us literally sick Combining cutting edge research with a healthy dose of good humor and practical advice *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions including depression ulcers colitis heart disease and more It also provides essential guidance to controlling our stress responses This new edition promises to be the most comprehensive and engaging one yet

**New Scientist**, 1996 [The Economist](#), 1996 [Why We Age](#) Steven N. Austad, 1997-05-23 Modern science is making startling discoveries about the biology of aging in both animals and people Is there an aging gene Can hormone therapy really extend life In this book Steven Austad offers an intriguing overview of the most recent research on the topic and provides responsible criticism of such exaggerated claims as vitamin supplements and

melatonin *Book Review Digest* ,1998 **American Scientist** ,1998 **Medical and Health Annual** ,1999  
**Forthcoming Books** Rose Arny,1998 **Transactions of the Kentucky Academy of Science** Kentucky Academy of  
Science,1930 List of members in v 1 *Encyclopedia of Aging: Ear-Kin* ,2002 **Talking Book Topics** ,1999  
**Premature Menopause** Dani Singer,Myra Hunter,2000-02-08 This work deals with questions about premature  
menopause while challenging some of the myths and stereotypes surrounding it Taking a biopsychosocial approach the  
editors bring together experts from a range of disciplines including endocrinology gynecology general practice nursing  
psychotherapy complementary medicine and clinical psychology as well as hearing from women themselves *The British  
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