



Chasing Life: New Discoveries in the Search for Immortality to Help You Age Less Today

Sanjay Gupta

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For centuries, adventurers and scientists have pursued the dream of immortality. Today it appears it might actually be a reality. This is *not* an anti-aging book. It's a groundbreaking guide to functional aging--living longer than we may have ever thought possible. Practical immortality may now be within our grasps thanks to cutting-edge scientific research and amazing medical breakthroughs that are coming at such astonishing speed we can hardly keep up. In CHASING LIFE, Dr. Gupta blends dramatic accounts of amazing discoveries from around the world with essential advice on how you can apply them for optimal health and longevity. What Dr. Gupta has found is provocative and often counterintuitive. This life-changing book revolutionizes the way you think about aging--and reveals the secrets to helping you live a longer, healthier life for many years to come.

"Sanjay Gupta is at his best in CHASING LIFE, covering everything from illegal stem cells to the scientific edges of memory. To achieve your own version of immortality, you can simply 'page' Dr. Gupta by turning the first page of this groundbreaking new book." --Mehmet C. Oz, MD, coauthor of the *New York Times* bestsellers *You: The Owner's Manual* and *You: On a Diet*

"Is it possible to have the exquisite combination, the wisdom of experience along with biology of youth? In his book, CHASING LIFE, Dr. Sanjay Gupta shows you how." --Deepak Chopra, MD, FACP, author of *Ageless Body, Timeless Mind*

"Dr. Sanjay Gupta prescribes sensible, evidence-based advice for living a long and healthy life. He evaluates the latest scientific research on life extension, looks at anti-aging claims, and concludes that informed lifestyle choices are your best hope of maintaining good health as you age. Chasing Life is good medicine." --Andrew Weil, author of *Healthy Aging*

"My friend Dr. Sanjay Gupta has written a book that makes sense when it comes to staying healthy, making important medical decisions and preserving quality of life. This book is probably the closest we'll get to a map to the fountain of youth." --Lance Armstrong, Cancer survivor, Seven-time Tour de France Champion and founder of the Lance Armstrong Foundation

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