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Sommario/riassunto	Dr. Gruman's book examines the quest for longevity and immortality up to the year 1800. He presents multicultural perspectives and attitudes as depicted in Islamic and Chinese societies as well as in Western Civilization. This scholarly work contributes to our understanding of the origins of medicine, personal hygiene and public health as well as the underlying psychological and social determinants of longevity and humanity's longing for its attainment.