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Nota di contenuto	Contents; Preface; 1 The funeral season; 2 Attitudes to ageing; 3 What's in a name?; 4 Longevity records; 5 The unnecessary nature of ageing; 6 Why ageing occurs; 7 Cells in crisis; 8 Molecules and mistakes; 9 Organs and orchestras; 10 The cancer connection; 11 Menopause and the big bang; 12 Eat less, live longer; 13 Why do women live longer than men?; 14 The Genie of the Genome; 15 In search of Wonka-Vite; 16 Making more time; Epilogue; Notes; Bibliography; Index
Sommario/riassunto	This is true, for he does show theoretically why there is no need for us to age, i.e. that there is no ""death gene"" that determines, more or less precisely, our longevity. Just don't expect any miracle cures. From a layman's viewpoint, the evolutionary argument he constructs for the development of aging in species is well elucidated and highly convincing. Aging is not, according to the disposable soma theory expounded here, anything to do with population control or some crudely deterministic mechanism, but rather the genes making the best of what are, after all, limited energy resources