

WASHINGTON POST BESTSELLER



"Arrison compellingly chronicles efforts to conquer aging and death from antiquity to today... [Her] essay outlook is infectious."

—WALL STREET JOURNAL

100+

HOW THE COMING AGE
OF LONGEVITY WILL CHANGE
EVERYTHING, FROM CAREERS
AND RELATIONSHIPS TO
FAMILY AND FAITH

SONIA ARRISON

FOREWORD BY PETER THIEL, COFOUNDER OF PAYPAL

Sonia Arrison

100 Plus: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith



[continue reading](#)

Humanity is on the cusp of an exciting longevity revolution. How will living longer affect your finances, your family lifestyle, as well as your views on religious beliefs and the afterlife? The first book to provide readers a comprehensive understanding of how life-extending discoveries will change our social and financial worlds, 100 Plus can be an illuminating and indispensable text that will assist us navigate the thrilling trip of life beyond 100 years. Will the world become overpopulated? The initial person to live to 150 years has most likely already been born. In 100 Plus, futurist Sonia Arrison brings together over a decade of encounter researching and writing about cutting-edge advances in technology and technology to paint a vivid picture of another that only recently appeared like technology fiction, but is currently very real. What will your life look like when your home is to be over 100?



[continue reading](#)

Fantastic exposition for newbies and experienced transhumanists alike As a long-time immortalist and longevity researcher, I opened up Sonia Arrison's new book "100 Plus: How the Coming Age group of Longevity Will Change Everything, From Professions and Romantic relationships to Family and Faith" with some trepidation. First of all, I currently know a whole lot about the topic, so I reckoned I had small to learn from a popular treatment like this. Both current analysis and envisioned future developments are considered. I think both of these would appreciate 100 Plus and appreciate its cautious exposition, and in fact I plan to pass my copy along to my mother now that I've completed it. I was amused to read her re-counting of 1970s arguments that Earth was working out of food for people, and predicting starvation in the 1980s and 90s unless the populace explosion was damped. Arrison testimonials the main element technological streams leading us toward radically increased healthspan -- including gene therapy, stem cell therapy, Aubrey de Grey's SENS concept, artificial organs, tissue regeneration, the potential software of advanced AI to longevity analysis, etc. Secondly, from my very own radical futurist viewpoint, living 100+ years is not that exciting -- I'm more psyched about 1000+ or 100000+, or even better breaking out from the entire restrictive linear period axis entirely! Technology for food production advanced in a manner that 1970s techno and populace pessimists didn't foresee. If two countries only different in life span, the real income per capita in the united states with 5 more years of healthy existence will increase 25% faster. Step by step, and in an invariably good-natured and friendly way, she demolishes these arguments, making a good case that elevated healthspan is likely improve instead of degrade our psychological health and family lives and enhance our professions and economies. The core of her arguments is pretty simple: Ultimately, death is a sad thing that causes more personal harm than good in most cases, and aging does injury to science and business and additional human pursuits by firmly taking people out from the workforce at a time when they've finally gained a rich and mature knowledge of their fields of endeavor. In other countries, the number of relevant scientists who accept creationism drops to less than one tenth of just one 1 percent. The primary concepts in the publication are indeed things I am familiar with for an extended time* There exists a host of quickly accelerating technologies with the apparent capability of dramatically extending human healthspan* Most likely, human psychology and society will adjust to dramatically increased human healthspan as it occurs, in order that it will become experienced primarily as a very important thing instead of as something traumatic or troublesome. However, the book is packed with an adequate amount of interesting informational tidbits, that I came across it really worth reading regardless of my general knowledge of the biology, psychology and sociology of radical longevity. Instead, what we have can be an obesity epidemic in america plus some other developed businesses -- and a general reputation that the malnutrition issue still existent in some UNDER-DEVELOPED countries is among food distribution instead of food production. After that, in what is probably the greatest strength of the reserve, she considers the potential psychological and social impact of progressively increasing healthspan: the consequences, simply because the book's subtitle indicates, on personal life, family relationships, marriage, professions and the overall economy etc. Similarly, Arrison argues, technology and society will adjust to the challenges posed by increasing healthspan, in 1000s of large and small ways that are hard to foresee at this time at length. I don't agree with every little stage the book makes. 1Bn in 2006. Life span has grown linearly at the average rate of 3 months per year. This means that significantly less than 0. However in the context of the book as a whole, this is a quibble, as it isn't one of the book's focus areas. More often than not Arrison stays wisely clear of short-term political issues, as well as grander futurist issues like the Singularity, and targets the likelihood of

dramatic human being healthspan expansion and its probable beneficial outcomes. Quite disappointed..). The best part of the book was the forward by Peter Thiel I didn't realize I was reading the forwards initially and I thought this is going to be excellent. For instance, my mother and sister work in social function and education, and do not know very much about biology or the Singularity or the Methuselahity -- so when I've discussed the chance of radical healthspan expansion with them, they've elevated the familiar complaints about death helping give existence meaning, overpopulation, and so forth. But actually I enjoyed the publication very much, and I must congratulate Sonia Arrison on putting together a book that is both highly accessible to newbies with no prior background in transhumanist thinking or longevity study, and also richly interesting to those folks who have playing in these regions of conceptual space for a long time. The more people outside the transhumanist community who read 100 Plus, the better -- I think books like this can go a long way toward getting a few of the goals that people radical futurists consider "obvious", more widely accepted and adopted and better funded by society most importantly.

helen whitney Excellent condition Very informative, its sociological perspective of lifestyle extension is quite insightful. Arrison appears against government funding of human being enhancements for the economically much less fortunate, arguing that government intervention always has various indirect costs and effects. Combining common sense with appropriate invocations of rigorous study and statistics, Arrison provides the most systematic refutations I've seen of the typical anti-longevity arguments -- "loss of life gives existence meaning", "overpopulation will starve or bankrupt us all", and so forth. "Decelerating human aging by just 7 years would yield health insurance and longevity benefits higher than what would be attained with the elimination of cancers or heart disease." Yet only 5% (\$164M) of the National Institutes of Health's budget was directed towards research on biological maturing in 2009 2009. This while Medicare experienced in 2008 a budget of \$386Bn, and cancer care cost the US \$104. For instance, the book occasionally reflects a inclination toward political Libertarianism that makes me uncomfortable. And so forth. Of especial curiosity to seniors, the new technology that enables organ regeneration, stem cell therapy, genetic manipulation along with the novel pharmaceuticals, these promise healthier prognoses for the advancing years. 15 percent of relevant scientists believe in creationism. Francis Collins' argument than half of all scientists believe in God, therefore "the spouse are are enormously stupid or the research of Darwinism is fully compatible with conventional religious beliefs--and equally compatible with atheism". Of the researchers and engineers in the United States, no more than 5% are creationists, according to a 1991 Gallup poll (Robinson 1995, Witham 1997). However, this amount includes those employed in fields not related to life origins (such as for example computer scientists, mechanical engineers, etc.. Taking into account only those employed in the relevant fields of earth and life sciences, there are about 480,000 researchers, but no more than 700 have confidence in "creation-science" or consider it a valid theory (Robinson 1995). My very own suspicion is these costs will become worth paying, and it'll make a difference for governments to explicitly make sure that healthspan extension and other technologically enabled biological benefits are made available to everyone regardless of economic means. I've just discovered one important omission, in the discussion at page 160 on Dr. Well crafted, eminently readable and thought-provoking. But, provided the amount of emotional attachment that so many people need to our current means of thinking and living, that are adapted to early loss of life, making these arguments cautiously and tactfully is definitely a tricky task -- and Arrison does an excellent job! That said, the book will be beneficial to those with varying examples of knowledge of the state of lifestyle extension, as well as to those who've been met

with anti-life extension arguments. A Look into the Future Extremely intriguing with a philosophical bent on the diminishing prospect of death. What makes us think we've the ethical right to deny much longer lifespan to our children? Five Stars xInt Three Stars We was hoping for a more in depth discussion on the sociable implications of radical life extension. and perhaps more importantly, I would also recommend it to to anyone, irrespective of background in potential technology or transhumanist considering, who is interested in a broader knowledge of the globe as it's unfolding. Regrettably, it was only a forward by Peter Thiel who is actually a fairly good writer. The real author of this book, Sonia Arrison, is certainly a rather dry and un-engaging writer. There were minutes of "oh that's pretty interesting" but on the whole it was more like "how many more webpages do I have to read. parallel benefits in lifespan are graphically shown to match the improvement. There was a significant amount of filler. This should have been a long-form content not a book; she was clearly trying to fill web pages with boring and essentially irrelevant background and fictional tales.I would recommend 100 In addition to experienced transhumanists and futurists who wish to get a richer perspective on the likely public and psychological impacts of radical healthspan expansion . Perhaps the most powerful rebuttal to these arguments is that if study that led to life extension were suppressed in 1850, when life span was around 43 years and living to 80 was extremely rare, we wouldn't be happy today, or (many of us) end up being today at all. And that is just in the United States, which has more creationists than any various other industrialized country. Well worth your time and effort of reading. highly recommended That is an unusually clear and comprehensive summary of the subject. By tracing the history of science advances, health education, increased meals availability, and economic balance; Fast read, informative undertake the impacts of small life extension Having a strong interest in life extension technologies, I was quite acquainted with most of the names, details and tips from Arrison's book, yet I still found very much to understand. I believe it really is an accurate and uplifting perspective. Good Information Sad that I'm too outdated to benefit from this coming technology. I believe I'm the last generation to reside in the dark ages of technology. The picture provided for the practicability of increasing longevity and the interpersonal effects of enabling a functioning older population is normally provocative.The book is a review of advances in life extension, organ and tissue replacement, and biomedical progress, followed by an experienced rebuttal of antilongevity arguments, then by a thoughtful and comprehensive analysis of the impact of limited life and healthspan extension (to 150 years) on societal and economic aspects which range from family, social and work relationships, to education, careers, savings and economic development. Skillfully drawing from myths, the bible, background, and the literature, Arrison summarizes the cultural sights of death and the persistent search for the elixir of youth. I recommend it extremely." Longevity research is normally something I'm quite thinking about and this was a poorly written (boring) overview of some of the recent developments in the field. As a futurist, it might be predicted that raising longevity will result in differing perspectives associated with legal issues, marriage and family, spiritual beliefs, employment prospects and the social milieu. Extended Life Less than What Conditions In this very reader friendly book, the author tackles the issue of increasing human longevity in the coming years and its own future impact.



[continue reading](#)

download free 100 Plus: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith epub

download 100 Plus: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith epub

[download Ametora: How Japan Saved American Style ebook](#)

[download Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race mobi](#)

[download Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror ebook](#)