

DISCOVER THE BREAKTHROUGHS THAT CAN SLOW DOWN AGING

Thanks to cutting-edge scientific research and incredible medical advances, practical immortality may now be within our grasp. In this *New York Times*–bestselling guide, Dr. Sanjay Gupta revolutionizes the way you think about aging, with amazing discoveries from around the world and essential advice to help you achieve optimal health and longevity.

Did you know that the secret to living longer may not be about eating *well*, but about eating *less*? That some of those nutritional supplements you're taking might actually be a waste of your money? That one single exercise technique could be sufficient to prolong life? This life-changing book can help you live a longer, healthier life for many years to come. For centuries, adventurers and scientists have pursued the dream of immortality. Today it appears it might actually be a reality.

CHASING 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

**"Is it possible to have the exquisite combination,
the wisdom of experience along with biology of youth?
In this book, Dr. Sanjay Gupta shows you how."**

—Deepak Chopra, MD, FACP, author of *Ageless Body, Timeless Mind*

READ BY ARCHITH SESHADRI



Running Time: Approx. 3.25 Hours • Unabridged

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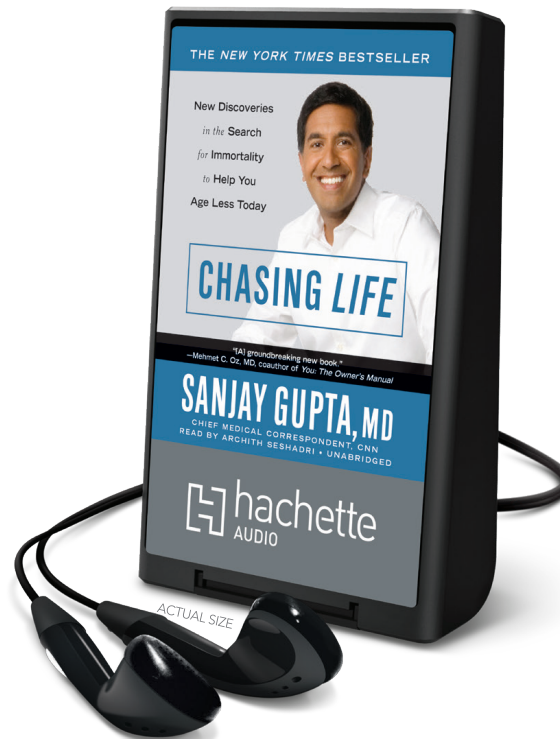
CHASING LIFE

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

SANJAY GUPTA, MD

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