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BILL GIFFORD

Co-author of #1 bestseller Outlive, with Peter Attia. Writer & speaker on health, longevity, medicine, and related topics

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- Co-author of the runaway #1 New York Times bestseller Outlive: The Art & Science of Longevity, with Dr. Peter Attia, MD
- Sole author of another New York Times bestseller, Spring Chicken: Stay Young Forever (Or Die Trying)
- Recognized expert on health and longevity, skilled at deciphering complicated scientific concepts and breakthroughs and translating them for the lay reader
- His work has appeared in magazines such as Bloomberg, Businessweek, Wired, Scientific American, Inc., Men's Health, and Outside, for whom he is a longtime contributing editor

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Bill Gifford is a veteran journalist and author who writes about extraordinary athletes, peak performance, cutting-edge medicine, and the fast-moving science of longevity, among other topics.

He is co-author of the runaway #1 New York Times bestseller Outlive: The Art & Science of Longevity, with Dr. Peter Attia, MD, and sole author of another New York Times bestseller, Spring Chicken: Stay Young Forever (Or Die Trying).

He is a recognized expert on health and longevity, skilled at deciphering complicated scientific concepts and breakthroughs and translating them for the lay reader. While health and longevity rank high on his list of obsessions, he has also written about big-wave surfing, professional cycling, performance-enhancing drugs, ski racing and BASE jumping, among other dangerous pursuits. His work has appeared in magazines such as Bloomberg Businessweek, Wired, Scientific American, Inc., Men's Health, and Outside, for whom he is a longtime contributing editor.

His stories have taken him around the world, from remote British Columbia to West Africa to Southeast Asia and Australia. A native of Washington, D.C., he fled the Swamp for the mountains of Utah, where he lives with his family.

TEMAS

Bill tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Longevity & optimal performance
- Extraordinary athletes
- Peak performance
- Cutting-edge medicine

PROGRAMAS

Outlive: The Science and Art of Longevity

#1 NEW YORK TIMES BESTSELLER • A groundbreaking manifesto on living better and longer that challenges the conventional medical thinking on aging and reveals a new approach to preventing chronic disease and extending long-term health, from a visionary physician and leading longevity expert

“One of the most important books you’ll ever read.”—Steven D. Levitt, New York Times bestselling author of Freakonomics

Wouldn’t you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.

For all its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, Alzheimer’s disease, and type 2 diabetes. Too often, it intervenes with treatments too late to help, prolonging lifespan at the expense of healthspan, or quality of life. Dr. Attia believes we must replace this outdated framework with a personalized, proactive strategy for longevity, one where we take action now, rather than waiting.

In Outlive, readers will discover:

- Why the cholesterol test at your annual physical doesn’t tell you enough about your actual risk of dying from a heart attack.
- That you may already suffer from an extremely common yet underdiagnosed liver condition that could be a precursor to the chronic diseases of aging.
- Why exercise is the most potent pro-longevity “drug”—and how to begin training for the “Centenarian Decathlon.”
- Why you should forget about diets, and focus instead on nutritional biochemistry, using technology and data to personalize your eating pattern.

- Why striving for physical health and longevity, but ignoring emotional health, could be the ultimate curse of all.

Aging and longevity are far more malleable than we think; our fate is not set in stone. With the right roadmap, you can plot a different path for your life, one that lets you outlive your genes to make each decade better than the one before.

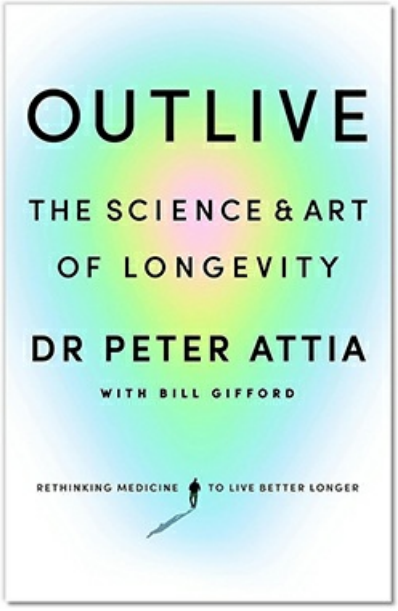
Spring Chicken: Stay Young Forever (or Die Trying)

Spring Chicken is a full-throttle, high-energy ride through the latest research, popular mythology, and ancient wisdom on mankind's oldest obsession: How can we live longer? And better? In his funny, self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness right down into the innermost workings of cells. We visit cutting-edge labs where scientists are working to "hack" the aging process, like purging "senescent" cells from mice to reverse the effects of aging. He'll reveal why some people live past 100 without even trying, what has happened with resveratrol, the "red wine pill" that made headlines a few years ago, how your fat tissue is trying to kill you, and how it's possible to unlock longevity-promoting pathways that are programmed into our very genes. Gifford separates the wheat from the chaff as he exposes hoaxes and scams foisted upon an aging society, and arms readers with the best possible advice on what to do, what not to do, and what life-changing treatments may be right around the corner.

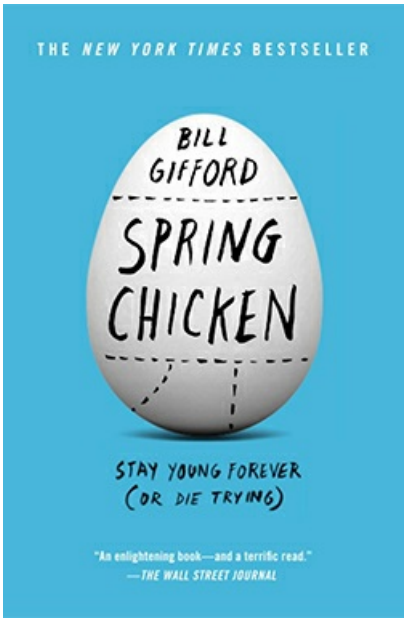
An intoxicating mixture of deep reporting, fascinating science, and prescriptive takeaway, Spring Chicken will reveal the extraordinary breakthroughs that may yet bring us eternal youth, while exposing dangerous deceptions that prey on the innocent and ignorant.

PUBLICACIONES

Libros



OUTLIVE



SPRING CHICKEN

CONDICIONES

- **Travels from:** Salt Lake City, USA
- **Fee Range:** Please Inquire