



Per què envellim? (eBook) (Catalan Edition)

Gemma Marfany Nadal, Maria Soley i Farrés

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És evident que les condicions de vida determinen, de forma important, l'esperança de vida d'una població. Sabem que la disponibilitat d'aigua potable, el desenvolupament de la medicina, una alimentació saludable, una vida activa i un nivell controlat d'estrès ajuden a viure més i millor. Però també sabem que tot això no ens fa immortals. Per què envellim? És un càstig diví, o una limitació de la vida? Podrem en el futur, amb l'ajut de la ciència i la tecnologia, evitar o retardar l'envelliment? Podríem fins i tot arribar a ser immortals? Tanmateix, potser la pregunta que ens fem amb més freqüència és que podem fer –o què val la pena fer– per viure més anys, i quin n'és el preu. Aquest llibre ofereix una descripció clara de quins canvis biològics es produeixen en els organismes vius amb el pas del temps i explica com es produeix el deteriorament que ens porta a l'envelliment. Però no es conforma en explicar per què; va un pas més enllà i proposa, de forma raonada i amb els coneixements científics actuals, què podem fer per envellir més lentament, per viure més i millor.



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