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F76 The Power Of Youth. How To Tune Our Mind And Body For A Long And Healthy Life / Andrei Fomenko. — Moscow: Alpina PRO, 2023.

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During the last couple of decades, science and medicine have taken a great step toward understanding what aging is. Technologies of cell reprogramming, tissue regeneration, genetic engineering, young blood transfusion, and many others are developing right before our very eyes. But it is not only the development of high-tech that is crucial because even the less obvious things—from the placebo effect and the way of thinking to visualization and even ASMR—can help to defeat aging. Everything you need to know about how to live a long life without the painful agony of old age is right in your hands. This book contains the most relevant scientific reports on how to slow down age-related changes and stay young as long as possible.

Such a diverse view on the problem of aging—in terms of genetics, physiology, psychology, evolution, quantum mechanics, mathematics, etc.—distinguishes this book from many papers devoted to the prolongation of life and youth.

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