

CONTENTS

Introduction	1
--------------	---

PART I

1	Defining the Age of Aging	15
2	Evolution and Aging	36
3	Catching Up to the Present	68

PART II

4	The Long Road to Longevity	135
5	Why Long Lives?	169
6	To Be of Use	214
7	Help Others and You Will Help Yourself	249

PART III

8	Saving the One-Hoss Shay	279
9	A Mismatch Made in Heaven	317

10	Foraging Alone?	359
11	Bringing It Home	388

Acknowledgments 427

Appendix 433

Notes 441

References 477

Index 513