

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