



Transcend: Nine Steps to Living Well Forever

Ray Kurzweil , Terry Grossman

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In 2004, Ray Kurzweil and Terry Grossman, MD, published *Fantastic Voyage: Live Long Enough to Live Forever*. Their groundbreaking book marshaled thousands of scientific studies to make the case that new developments in medicine and technology will allow us to radically extend our life expectancies and slow down the aging process. Soon, our notion of what it means to be a 55-year-old will be as outdated as an eight-track tape player.

TRANSCEND: Nine Steps to Living Well Forever presents a practical, enjoyable program so that readers can live long enough (and remain healthy long enough) to take full advantage of the biotech and nanotech advances that have already begun and will be occurring at an accelerating pace during the years ahead. To help readers remember the nine key components of the program, Ray and Terry have arranged them into a mnemonic: Talk with your doctor Relaxation Assessment Nutrition Supplementation Calorie reduction Exercise New technologies Detoxification This easy-to-follow program will help readers transcend the boundaries of our genetic legacy and live long enough to live forever.

Transcend: Nine Steps to Living Well Forever Details

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From Reader Review **Transcend: Nine Steps to Living Well Forever** for online ebook

Nikki says

Ray Kurzweil, famous technologist and futurist, believes that by the end of this century the human lifespan will have increased to 500 years due to advances in technology. This book is a health and lifestyle book designed to show you what to do now so that you can survive long enough to make it until those advances come about (he claims 2029 is the year!) He's a brilliant guy, I have no doubt, however this book didn't have anything new to say. If you read health books you're already aware that you should be exercising rigorously, eating mostly green plants, restricting caloric intake and de-stressing. There you go!

Mark Chadbourn says

Want to live forever? This is the book for you. That may sound like a fatuous statement to accompany some woolly, magical thinking guide, but everything here is based on the latest scientific studies (all referenced, if you don't want to take the authors at their word). Indeed, Kurzweil is a leading scientific philosopher, best-known for his writing on the coming technology singularity. Grossman is a doctor.

How can you live forever? It's a simple equation. In the 2020s, biotech advances will extend lifespans. In the 2030s, nanotech advances will help your body repair itself ad infinitum. This book is a guide to everything you can do yourself to help you live just long enough to reach the first 'bridge', which should then carry you through to the second. Simple. Here is all the latest thinking on nutrition, exercise, relaxation, supplements, calorie reduction, new technologies and more - and not just what works, but why it works. You will also find some of the surprising, hidden things that are slowly killing you. And if you think you know all this stuff, I'm betting that you don't.

None of the advice is onerous. Little changes have big consequences. Even if you're a confirmed cynic, making those changes will undoubtedly make you feel better, so what's to lose?

If you don't consider yourself 'scientifically minded', don't worry - all the scientific evidence here isn't hard-going. The two authors have a lively writing style and communicate detailed information in an easily-digested form. This is a 'how to...' guide, recommended for everyone. Philosophically, it'll make you look at the world around you in a different way. And as a template for really improving your day-to-day existence, it's unparalleled.

Angela Shurina says

The book is a good source of actionable information to improve health and longevity. I love that there is a system. Each chapter has its purpose and a plan for us readers to start applying the information. Lots of science also (would overwhelm anyone who is not into science and didn't learn how to scan and skip). It talks about all the basics and some advanced things. Makes you aware of where health/longevity technology is going.

Why 4 stars? I guess I expected more from Ray Kurzweil. Something extraordinary. And that was just a

good about on holistic health with scientific approach. Very well-structured.

Shashank Dixit says

Everybody should read this book

Everyone should read this book atleast once. I need twenty words to get this review posted so hopefully this will do.

Pat says

The use of "Future Ray" and "Future Terry" is a bit corny and the loads of information on supplements, diets and novel medical diagnostics can be a bit overwhelming. I'm not enough of a medical expert to know whether following their "TRANSCEND" plan is any more likely to add an extra healthy decade or ten to your life than the dozen other low carb (slow carb / south beach / eaters' manifesto / blue zone / mediterranean etc) diets out there, but it was an interesting read. Kurzweil never hesitates to put forth his vision of the future, which is interesting. I have my doubts on the ubiquitous availability of nanobots to clean, repair and stimulate my every cell within my lifetime, but he does go to the trouble of highlighting a lot of the best practices (in medicine, diet and exercise) that one can take if they want to see what interesting advances lie down the road with the exponential advancement in technology.

Bruce says

The book has a lot of information on supplements and behaviors that might be useful in extending life. However, I've come across two news releases in the past few days which have denounced the value of supplements, cautioning that our "supplement obsession" could actually be harmful. One study was a meta-analysis of the effects of Vitamin D for bone health in seniors. It concluded that there is no benefit at all from Vitamin D. Another study was on multivitamins, again a meta-analysis, and it concluded that there is no demonstrable benefit in taking such vitamins.

On one hand, I admire Kurzweil's commitment to extending life. On the other hand, I can't help but thinking that anyone who takes 250 vitamins per day, as he does, is a nut case.

The authors would have done well to have omitted the amateur science fiction dialogue.

Romans Karpelcevs says

This is the first life style/nutrition/medical book I've read and I found it very useful. A lot of actual actionable advice on long-term health improvements with reasonable explanations.

Of course, I hardly believe in the overall premise of living forever (or even more than 100 years), and I found their faith in medical + hitech science that will be discovering and using so many new tech in medicine so quickly pretty delusional. It takes decades for governments to approve things even after successful studies,

and nanorobots in bloodstream in 2034 is just unreal. Still, it was a great read with hopes for next generations (just not mine, except for some veeery wealthy individuals, maybe).

The only thing I didn't like was their suggestion to eat so many dietary supplements such as vitamins and not including more defined suggestions on how to combine them. I'm pretty sure you can't just eat 5 pills with (any kind of) breakfast and expect them all to be processed together without blocking each other out.

I'd like to find more similar books for some critical input, but so far, I'm pretty happy with this one, and I'm glad I ordered a paperback edition to highlight and bookmark many pages.

DJ says

Biological forms, I have grave news. Our worst fears have been confirmed... the most viable current path to a longer, healthier, and happier life involves vegetables, exercise, sleep, and vitamins. And unlike most roads in the US, there's not a single McDonalds or Starbucks along the way...

The main thesis of this book is: the human race is pretty damn close to crafting technologies that will overcome our biological shortcomings and allow us to live forever as machine-enhanced androids stuffed with nanobots. *However*, we still need a few decades to figure this stuff out, so if you stuff your face with meatshakes, eclairs, and potato chips, you and your clogged arteries will just miss the immortality boat and you'll go down in history as one of those "fat fools who could've had thousands of years of interesting things to do but just had to have another Pringle."

If you've already read *Fantastic Voyage*, much of this will be repetitive. However, whereas *Fantastic Voyage* focused on providing evidence that immortality might be on our horizon and arguing that a few small lifestyle changes might help you one day join the ranks of the androids, *Transcend* is the 'How To' guide of exactly those changes should be. From baseline testing to supplementation, nutrition, and exercise, with this book's help you can be a pill-popping, vegetable-chomping gym rat and future android in no time! Much of the nutrition and exercise info can be found in *Fantastic Voyage*, but I bought this book mostly for the updated info on supplements and the thorough discussion of good baseline tests to run (what's the point of trying to keep your machine well-oiled if you never check the gauges?).

I suspect I'm the only human being below the age of 50 who will read this book (or who thinks about his "aging" 22-year old body), so I'll generously offer a CliffNotes version of the book for any young lad or lass passing over this review:

Drop your candy, packaged snacks, and soda habit (yes, 'cold turkey' is quite effective and you'll be fine in a week)

Start eating vegetables, beans, nuts, fish, lean meats, eggs, and fruits (just go wild on the veggies; seriously, eat *as much as you want*)

...but generally just eat less calories (caloric restriction is *the* most well-established current method of extending lifespan)

Exercise daily (sports, jogging, swimming, alligator-wrestling, whatever keeps you excited enough that you can do it for 30-60 minutes)

Add some strength and flexibility training (~3 times/week should be enough for good hormonal health and stress relief)

Sleep well and regularly (amount varies by person but if you need an alarm to wake up, that's a good sign you're not sleeping enough)

Have sex or masturbate 2-3 times a week (not that you need the encouragement, but it's good for your hormonal health)

Take a multivitamin, fish oil, and vitamin D

Take vacations, talk with friends and family often, get a hobby, try meditation, and make time for the things you enjoy (all work and no play makes Jack a depressed, diabetic heart transplant candidate)

Get periodic physicals and nutritional tests to ensure all of the above is actually doing something

Congratulations! If you do all of the above, I look forward to mind-melding, exploring augmented reality, and not having diabetes with you in our android futures! (If not, I'm sorry. You will die.)

Ryan says

I've read several books on fitness and nutrition and this has been one of my favorites. The basic premise is that medical technology is advancing so rapidly that if you can live long enough to reach the major breakthroughs of the next few decades, you can live forever.

Although their predictions for immortality seem quite a bit too optimistic for me, it's still very interesting. The majority of the book is about how to stay healthy and actually live long enough to reap the benefits of the future.

The book is definitely intended for an older audience (probably someone in their 60s is the target audience). I'm 27 and most of the charts and recommendations didn't even begin until age 30. Regardless, they give excellent advice for staying healthy and I intend to implement a number of new ideas.

Ivan says

Just leaving a short note to find it suddenly in ~7016 year.

Good: no recommendations without full explanation of how it works; many repeats of good practices.

Stepan says

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Jaroslav Tu?ek says

Having read and enjoyed Fantastic Voyage, I expected a lot from Transcend. In several aspects, the book is a marked improvement upon its predecessor - gone are many of the controversial suggestions (eg. alkaline water), gone is Kurzweil's crazy-overhead supplementation regimen, the exercise suggestions have been

improved (albeit not much) upon the ridiculous recommendation to stick with fast walking. Sadly, the authors did not leave out their futuristic visions - I certainly did not appreciate them in a "how-to" book - neither did they abandon their claims about medical science now being an information technology. Someone with Kurzweil's background should understand concepts like intractability. Doubling computing power will not allow us to double what we can achieve with that power - the authors' 2023 and 2034 vignettes read the same way AI researchers talked in the 1950s - 1960s ... and where are we now, do we have strong AI yet?

If you can pass over the futuristic parts of the book, you get a decent introduction to a holistic medicine/disease prevention lifestyle. Note that the material is very basic, readers with good understanding of nutrition, exercise and preventive medicine will not learn anything new here. However, the book is easy to recommend to readers who have been neglecting their health for most of their lives and need a quick, solid foundation in the topic.

Carlos says

I love how Kurzweil explains the complex in such a beautifully simplistic manner. In this book he outlines a plan to hack our biochemical processes to live long enough to reap the benefits of future technology that'll allow us to live forever.

Vinícius Landvoigt says

The philosophy behind this (in essence, transhumanism) is very exciting, the goal, noble, but most of the content is just regular healthy lifestyle practices, with some inovative and insightful advices here and there. Something that bothered me, though, were recommendations that seemed to lack scientific background, and, thus, were given with the justification of "we feel this good"/"we believe that is bad". But, overall, It is a good book and can be very informative depending on your background.

Dan says

Kurzweil and I have birthdates that are within one month of each other. He is working on staying around long enough to make use of new technologies that will prolong life. I would like to do the same.

The book is quite inspirational. We have all grown up with the idea that death is inevitable. Could there be an escape from death? Ray Kurzweil says "Yes."

The technologies for life extension described by Kurzweil sound like science fiction. I can remember when the Dick Tracy wristwatch was science fiction, but we have far surpassed that level of technology today.

Kurzweil foresees nanobots which travel in our bloodstream making repairs where needed. The nanobots will detect and eliminate cancer. Such devices are not present today, but Kurzweil says they are coming, if we can live long enough to get there. That is the purpose of this book. It is a guide to how to live long enough to get to the point where these life-extending technologies will be available.

There are a number of recipes in the middle of the book for healthy eating. There are also a number of

medical tests which the authors (Kurzweil and Grossman) recommend, some of which which are not always suggested by your doctor. A number of links to web sites for further reading are provided.
