

CONTENTS

<i>Detailed Contents</i>	<i>ix</i>
<i>Preface</i>	<i>xvii</i>
<i>Preface to the First Edition</i>	<i>xix</i>
<i>Acknowledgments</i>	<i>xxiii</i>
CHAPTER 1: Basic Concepts in the Biology of Aging	1
CHAPTER 2: Measuring Biological Aging	37
CHAPTER 3: Evolutionary Theories of Longevity and Aging	67
CHAPTER 4: Cellular Aging	93
CHAPTER 5: Genetics of Longevity	133
CHAPTER 6: Plant Senescence	185
CHAPTER 7: Human Longevity and Life Span	209
CHAPTER 8: Common Functional Loss Associated with Aging	233
CHAPTER 9: Common Time-dependent Disease in Humans	289
CHAPTER 10: Modulating Human Aging and Longevity	345
CHAPTER 11: Implications of an Extended Healthspan	373
<i>Appendix: US Life Table Calculations</i>	<i>389</i>
<i>Glossary</i>	<i>397</i>
<i>Index</i>	<i>421</i>