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four hundred years or more Genetic engineering cloning and stem cell technology will eradicate diseases and allow for nanoscopic repair and maintenance of the body Smart drugs and caloric restriction programs will largely stop aging and ensure healthy bodies and sharp minds indefinitely Grounding his speculation in contemporary scientific research Zey s optimistic vision sees retirement replaced by hiatuses between careers and leisure time spent in multi generational homes Key players in the debate include supporters like Cambridge University scientist Aubrey de Grey who envisions five thousand year life spans and the radical futurist author Ray Kurzweil who foresees the merging of humans and computers Organizations such as the Coalition to Extend Life lobby the government for immortality research funding and find opposition in the President s Council on Bioethics and deep ecologists advocating zero population growth Criticizing current environmental trends as anti progress and anti human Zey s own solutions include controversial measures like human control of weather colonization of outer space and genetically modifying food He concludes that the eventuality of a modern Fountain of Youth is closer than we think Zey s predictions about the future are thoughtful and fascinating **Quill & Quire** ,1995 **Qigong Meditation** Jwing-Ming Yang,2003 This book presents the foundation theoretical theory for the two most popular methods of meditation Small Circulation and Grand Circulation **Subject Guide to Books in Print** ,2001

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