



# Summary of The Longevity Book by Cameron Diaz and Sandra Bark | Includes Analysis

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Preview:

*The Longevity Book* by Cameron Diaz and Sandra Bark is a nonfiction book that explains how women can embrace the latest science of aging to live more fully in optimal health and emotional well-being. Diaz is clear: This is not an anti-aging tome. In the era of injectable plastic surgery and youth obsession, the media creates a cloud of secrecy and shame around age, which Diaz dispels with a historical, cultural, and scientific perspective on growing old.

The year before she turned 40, an interviewer asked Diaz if she was apprehensive about her upcoming birthday, implying that her career faced a steep decline because of her age. This question led Diaz to realize the need for a cultural shift in the way women think about growing older.

Perspectives on age and aging are historical. In 1850, the average life expectancy for a woman in the United States was 40 years old. Today, it's 80.

PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Inside this Instaread summary of *The Longevity Book*

- Overview of the Book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways, and analyze them for your convenience.

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