

Live Longer with AI Media Kit



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Live Longer with AI:
How Artificial Intelligence
is helping us extend our
healthspan and live longer too

Foreword by Andrew Scott, bestselling author of *The 100-Year Life*

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Advance Praise for *Live Longer with AI*

“The Covid-19 pandemic has exposed the fault lines in society, including the inequalities that divide us. The message is clear- we must do what we can do keep everyone healthy and well through a much bigger focus on prevention to cope with this pandemic and manage future ones too. Tina’s book provides the knowledge and ammunition to persuade people to treat health as their greatest asset – to protect themselves while doing their part in rebuilding global wellbeing and economic resilience.”

Professor Baron Peter Piot KCMG, World Expert in Global Health; Director of the London School of Hygiene and Tropical Medicine; Handa Professor of Global Health

“Tina Woods is one of the most active advocates and drivers of longevity biotechnology industry and policy in the UK. As a credible super-connector, she managed to forge new initiatives and consortiums that will have a lasting impact. In this new book, she provides an overview of the current state of the emerging longevity biotechnology industry and a sense of direction of where the advances in ageing research and AI are going to take us in the next few years and the next few decades. Both ageing research and artificial intelligence fields are advancing and converging at an unprecedented pace and require a new generation of experts in both these fields. This book should be read by anyone wishing to seize the opportunity to enter into this exciting and impactful area and make this world a much better place.”

Alex Zhavoronkov, CEO, Insilico Medicine

“Tina Woods has woven together a masterful combination of interviews and insights in this book. Now that we have finally reached the point in the crusade against aging where the wider world is actually taking it seriously as a medical problem, the foremost requirement is for people to come forward who have the talent to communicate the specifics of how we can hasten the remaining steps towards a post-aging world. Woods is undoubtedly one of those people, and many lives will be saved through the efforts of those who are inspired by this book.”

Aubrey de Grey, Chief Science Officer, SENS Research Foundation

*“We’re all living longer but those extra years of life are increasingly being spent in poorer health with an ever-widening and unacceptable health gap between wealthy and deprived areas. AI could be part of the solution to meeting this societal challenge and this is something which Tina expertly explores in *Live Longer with AI*. Unlike other books on this topic, you don’t need to be a technophile to understand and enjoy it and it’s so important that this book reaches a wide audience. For while the potential of AI is huge, it comes with limitations and significant ethical considerations. These are all sensitively and thoroughly considered by Tina as someone who cares about people first and foremost, not about selling AI.”*

Michelle Hawkins, Ageing-well activist, researcher and Gerontologist

“As never before, the world is awake to health and wellness, as key to both combating infection and living life without the crippling diseases that have blighted the second half of life for too many. Tina has blended a remarkable mix of expert interviews, science and personal reflections and created the most comprehensive, yet readable, book I’ve seen on maximising our healthy lifespan. Healthcare AI is advancing fast, but this book is also suffused with Tina’s own brand of very human intelligence.”

Professor Richard Barker, Author of 2030 - The Future of Medicine

“Every reader, regardless of age, will gain access to an extraordinary depth of knowledge on how to have longer, healthier, and more prosperous years. Tina makes every reader a geoscientist, an economist, and a world futurist, without commercializing or dumbing her material down. Tina presents us with ‘page-turner’ interviews and personal stories from famous scientists, thinkers, and entrepreneurs. Her elegance and concern are evident.”

Adriane Berg, Host of the Generation Bold Podcast, Director of The Kitalys Institute for the Delay and Prevention of Age-Related Diseases

“This is a handbook for the revolution!”

Sir Muir Gray, Director, Optimal Aging

“One of the most important books of 2020. [Live Longer with AI] covers a broad range of tangent verticals from Healthcare AI to precision medicine, and reads like a detective story”

Anton Derylatka, Co-Founder and CEO, Sweatcoin

“Live Longer with AI describes how we went from the hope to the promise that aging can be targeted and healthspan can be increased. This book specifically offers horizons to realizing this promise. Such a future depends on realizing three things. First, having sophisticated data (omics) from large populations and basic resources and data available to scientists. Second, having the ability to look at this data from different angles utilizing AI. Third, and most important in my experience, is having a team of experts who know how to lead with the correct questions, without which we would not make significant discoveries.”

Professor Nir Barzilai, Professor of Medicine and Genetics, Director, Institute for Aging Research, Albert Einstein College of Medicine

“Dialoguing with Tina is one of the most satisfying exercises for the mind that can be done. Tina is like a modern-day Virgil.”

Professor Nic Palmarini, Director, National Innovation Centre for Ageing

“Live Longer with AI is a masterpiece about the new advances in life extension and longevity thanks to the emerging exponential technologies, from AI all the way to nanotechnology. Tina’s book is a must-read for those who want to discover the future of health.”

José Luis Cordeiro, Fellow, World Academy of Art & Science; Director, The Millennium Project; Vice-chair, Humanity Plus; Co-author of The Death of Death

About the Book:

Live Longer with AI examines how the latest cutting-edge developments are helping us to increase our life expectancy, and live longer and better too. It compels us to stop thinking that health is about treating disease and start regarding it as our greatest personal and societal asset to protect.

The book discusses the impact that AI has on understanding the cellular basis of aging and how our genes are influenced by our environment – with the current pandemic highlighting the interconnectedness of human and planetary health.

Author **Tina Woods**, founder and CEO of Collider Health and Collider Science, and the co-founder of Longevity International, has curated a panel of deeply insightful interviews with some of today's brightest and most innovative thought leaders at the crossroads of health, technology and society, including:

- **Professor Baron Peter Piot**, KCMG, World Expert in Global Health; Director of the London School of Hygiene and Tropical Medicine; Handa Professor of Global Health
- **Shafi Ahmed**, Professor, Futurist, Surgeon, Innovator. Entrepreneur. Teacher. Transforming Healthcare Globally
- **Nir Barzilai**, Professor of Medicine and Genetics, Director, Institute for Aging Research, Albert Einstein College of Medicine
- **Alex Zhavaronkov**, Founder and CEO at Insilico Medicine
- **Eddie Hall**, World's Strongest Man, Epigenetics Advocate
- **Indra Joshi**, Director of AI, NHSX
- **Reverend Dr Malcolm Brown**, Director of Mission and Public Affairs for the Church of England
- **Aubrey de Grey**, Chief Science Officer, SENS Research Foundation
- **Jose Cordeiro**, Director of The Millennium Project, Vice chair of HumanityPlus, Fellow of the World Academy of Art and Science

- **Keith Comito**, President of Lifespan.io
- **Anton Derylatka**, Co-Founder and CEO, Sweatcoin
- **Anastasiya Georgievskaya**, CEO, Haut.ai
- **Paul Dagum**, Founder and Vice Chair, Mindstrong Health
- **Thomas Balkasiz** CEO, Alpha Tech Capital, EME Healthcare and Life Sciences Lead, Amazon
- **Teemu Suna**, Founder & CEO of Nightingale
- **Nicola Palmarini**, Director, National Innovation Centre for Ageing
- **Dr Carol Routledge**, Chief Medical Officer and Chief Scientific Officer, Small Pharma; Former Research Director, Alzheimer's Research UK and Managing Director, Early Detection of Neurodegenerative Diseases (EDoN) global initiative
- **Michelle Hawkins**, Ageing-well activist, researcher and Gerontologist
- **Bertalan Meskó**, Doctor, Director of The Medical Futurist Institute
- **Julia Randell Khan**, Consulting Fellow, New Map of Life, Stanford Center on Longevity
- **Bradley Schurman** Founder & CEO, Demogera
- **Chris Madsen**, Head of Global Underwriting, Aegon
- **Mike Mansfield**, Director of the Longevity and Retirement Centre, Aegon
- **Mike Hodin**, CEO, Global Coalition on Aging; Managing Partner, High Lantern Group
- **Sergey Young**, Founder of Longevity Vision Fund; Development Sponsor of Age Reversal XPRIZE
- **Dmitry Kaminskiy**, Founder and Managing Partner, Deep Knowledge Group, Longevity Capital, Longevity Bank, Co-Founder, Longevity International
- **Brian Kennedy**, Director, Centre for Healthy Ageing; Professor, Biochemistry and Physiology, National University of Singapore
- **Nishikawa Kazumi**, Director, Healthcare Industries Division, Commerce and Service Industry Policy Group, Ministry of Economy, Trade and Industry of Japan
- **Siddhartha Chaturvedi**, Global PMM Lead, Health Innovation and Responsible AI, Microsoft

What You Will Learn

- Discover how AI is changing the way we understand the wider determinants of health
- Learn how the environment influences our genes and why the solutions for living longer are linked to living greener
- Inform your perspective on how technology can deal with the health emergency in front of us — by minimizing health and wealth inequalities
- Personalize your health, wealth and wellbeing using technology best suited to help you plan and build up your assets for a multi-stage life
- Learn why our “life data” is so important and how sharing it will help us develop aging “bio-markers”, enabling us to predict and manage dementia and other chronic diseases of aging
- Find out how scientists and doctors are using AI to find a vaccine for Covid-19, make us more resilient to future pandemic threats and pre-empt the next outbreak

About the author



Tina Woods is a social entrepreneur and pioneer in health innovation – connecting science, government, business and academia to align thinking and take action – solving real world problems and capitalizing on new opportunities amidst uncertainty and change. She is the Founder and CEO of Collider Health and Collider Science and Co-Founder and CEO of Longevity International that runs the All Party Parliamentary Group for Longevity.

About the Consultant Editor



Melissa Ream is a leading health and care strategist in the UK, leveraging user-driven design and artificial intelligence to design systems and support people to live healthier, longer lives.

About Packt Publishing

Founded in 2004 in Birmingham, UK, Packt's mission is to help the world put software to work in new ways, through the delivery of effective learning and information services to IT professionals. Working towards that vision, we have published over 6,500 books and videos so far, providing IT professionals with the actionable knowledge they need to get the job done - whether that's specific learning on an emerging technology or optimizing key skills in more established tools.