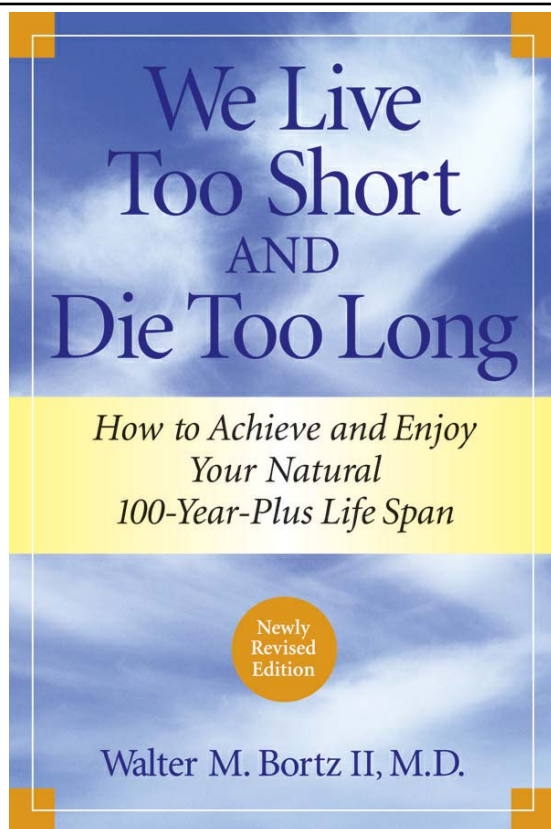


Presenting...

# We Live Too Short and Die Too Long

**How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span**

Dr. Walter M. Bortz

*Newly revised edition of the classic bestseller***Publication date: August 2007****ISBN: 978-1-59079-116-5****304 Pages, 6 x 9" Trim****Trade Paperback****\$14.95 U.S.****Self Help/Aging****SELECTBOOKS, INC.****One Union Square West, Suite 909****New York, New York 10003****Telephone: (212) 206-1997****Fax: (212) 206-3815****[www.selectbooks.com](http://www.selectbooks.com)**

Old age is the ultimate epidemic. While there are now over 3 million people in the United States over the age of 85, Dr. Bortz, one of the world's foremost authorities on aging, estimates that in reality, our potential life expectancy is 120 years. In his book, *We Live Too Short and Die Too Long: How to Achieve and Enjoy Your Natural 120-Year-Life Span*, Dr. Bortz amply substantiates his theory by sharing both the latest research, as well as his own findings gleaned while serving as a primary care physician for dozens of 100-year-old patients. A past president of the American Geriatric Society, Dr. Bortz contends that our primary goal should not be to simply achieve a maximum lifespan; it is to understand that old age can be good, and its goodness depends on individual commitment to cultivating a healthy lifestyle. With his honest, direct, pull-no-punches style, he offers unique insights into how to get the most out of our bodies for 120 years of life.

**Dr. Walter M. Bortz** is a Clinical Associate Professor of Medicine at Stanford University, School of Medicine and a graduate of Williams College and the University of Pennsylvania School of Medicine. Dr. Bortz's research has focused on the metabolism of carbohydrate and fat, and the importance of exercise in healthy aging. He is acquainted first-hand with the benefits of exercise - he is an avid runner and has completed 35 marathons.

Dr. Bortz has published over 100 medical articles and authored numerous books, including *Diabetes Danger*, *Dare to Be 100*, and *Living Longer for Dummies*. He is also President of the Active Living Institute, Chairman of the Medical Advisory Board of the Diabetes Research and Wellness Foundation, and is a member of the IHRSA Medical Advisory Board. He is currently a Senior Advisor to Healthy Silicon Valley, a community collaborative effort which addresses the soaring incidence of obesity and diabetes.