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Transcend: Nine Steps to Living Well Forever presents a practical, enjoyable program so that readers can live long enough (and remain healthy long enough) to take full advantage of the biotech and nanotech advances that have already begun and will be occurring at an accelerating pace during the years ahead. To help readers remember the nine key components of the program, Ray and Terry have arranged them into a mnemonic:

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Informed by years of research + testing, inspired by Ray Kurzweil and Terry Grossman, M.D.'s book, Transcend: Nine Steps to Living Well Forever. Designed For You A personalized supplement program designed to help you meet your goals, conveniently packaged for easy travel.

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Discover the books written by Ray Kurzweil and Terry Grossman, M.D. Books include Danielle: Chronicles of a Superheroine, How to Create a Mind, Transcend: Nine Steps to Living Well Forever, The Singularity is Near, Fantastic Voyage: Live Long Enough to Live Forever, The Baby Boomers' Guide to Living Forever and more.

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Nine steps to living well forever - Ray Kurzweil and Terry Grossman (2009) Tags: longevity, aging, diet, supplements Transcend: Nine steps to living well forever Published on Mar 3, 2016

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