



100 Plus: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith

Sonia Arrison

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Humanity is on the cusp of an exciting longevity revolution. The first person to live to 150 years has probably already been born. What will your life look like when you live to be over 100? Will the world become overpopulated? How will living longer affect your finances, your family life, and your views on religion and the afterlife? In *100 Plus*, futurist Sonia Arrison brings together over a decade of experience researching and writing about cutting-edge advances in science and technology to paint a vivid picture of a future that only recently seemed like science fiction, but is now very real. The first book to give readers a comprehensive understanding of how life-extending discoveries will change our social and economic worlds, *100 Plus* is an illuminating and indispensable text that will help us navigate the thrilling journey of life beyond 100 years.

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