# Table of Contents

## Part 1: Introduction and Orientation

- **Chapter 1 Bridges to Life**
  Ray Kurzweil, Kurzweil Technologies, Inc. Wellesley, MA, and Terry Grossman, M.D., Frontier Medical Institute, Denver, CO

## Part 2: The Future of Aging

- **Chapter 7 An Approach to Extending Healthspan and Lifespan Today**
  Chris Heward, Ph.D.*, President, Kronos Science Laboratory, Phoenix, AZ, USA; *Deceased

## Appendices

- **Appendix I: The SENS Foundation: Accelerating Progress toward Biomedical Rejuvenation**
  Michael Rae, SENS Foundation, Redwood City, CA, USA

- **Appendix II: The Manhattan Beach Project**
  David Kekich, CEO, Maximum Life Foundation, Inc., Los Angeles, CA, USA