This book takes us to the frontlines of research many from Dr. David Sinclair’s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. ...more. Interaction between religion and adolescent development requires a more nuanced assessment of developmental process. Theoretical models conceptualizing the social and personal influence of religiosity are needed in this field of research. Second, models of positive development among religious youths need to be identified.

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