# Author Maddy Dychtwald Explores Gender Differences in Longevity and Health in New Book



Social researcher and author Maddy Dychtwald has released a new book titled “Ageless Aging: A Woman’s Guide to Increasing Healthspan, Brainspan, and Lifespan,” focusing on longevity and health differences between men and women. Dychtwald, co-founder of Age Wave, a nonprofit think tank specializing in aging, has compiled over 40 years of research into this comprehensive guidebook.

In her book, Dychtwald explores why women, although they live longer than men, often spend the last 12 to 14 years of their lives in poor health. The book addresses this healthspan-lifespan gap, providing actionable advice on sleep, nutrition, fitness, and a sense of purpose.

Dychtwald emphasizes the role of lifestyle choices in determining longevity. Drawing from recent science, she notes that up to 90% of our health and longevity are within our control. Her holistic approach includes physical, psychological, and financial aspects, all interwoven to help women live longer, healthier lives.

The book also delves into gender-specific health issues, highlighting the importance of understanding women's unique physiological needs. It offers practical steps like anti-inflammatory diets, regular exercise, and meditation, all aimed at promoting a healthier, longer life for women.

"Ageless Aging" aims to be a one-stop resource for women seeking to improve their health and longevity through evidence-based strategies.