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## **Challenging Aging: The Anti-senescence Effects of Hormesis, Environmental Enrichment, and Information Exposure**

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### **About the eBook**

This volume explains the role of hormesis in anti-aging processes followed by information on vitagenes, epigenetics, environmental enrichment and germlines. The monograph also brings newer concepts and theories to the fore, such as 'environmental enrichment' and 'technoculture.'

### **Contents**

- ▶ Hormesis and Adaptation
- ▶ Vitagenes and Hormetins: The Pills of Hormesis
- ▶ Environmental Enrichment: General Concepts and Research
- ▶ Epigenetic Regulation and Adaptation to Stimuli
- ▶ A 'War of Trade-offs' Between the Soma and the Germ Line
- ▶ Another Dimension: 'Zooming Out'
- ▶ Energy, Entropy and Complexity: Thermodynamic and Information-Theoretic Perspectives on Ageing
- ▶ Engagement with a Technological Environment for Ongoing Homoeostasis Maintenance
- ▶ Appendix

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