

#1 NEW YORK TIMES BESTSELLER

TONY ROBBINS

PETER DIAMANDIS, M.D. & ROBERT HARIRI, M.D., PH.D.

INCREASE YOUR
ENERGY, STRENGTH,
VITALITY, HEALTH SPAN,
& POWER!

LIFE FORCE

HOW NEW BREAKTHROUGHS IN PRECISION MEDICINE CAN
TRANSFORM THE QUALITY OF YOUR LIFE & THOSE YOU LOVE

WHAT THE WORLD'S GREATEST LEADERS IN SCIENCE & MEDICINE ARE SAYING ABOUT *LIFE FORCE*...

“*Life Force* is a tour de force. Tony Robbins and Peter Diamandis beautifully explain the latest scientific, medical, and lifestyle advances now available to maximize health- and lifespan. A must-read for anyone who desires to function optimally now and protect themselves from diseases in the future.”

—David Sinclair, PhD, professor of genetics at Harvard Medical School; codirector of the Paul F. Glenn Center for Biology of Aging Research at Harvard; author of the *New York Times* bestseller *Lifespan: Why We Age—and Why We Don’t Have To*

“We are in the midst of a biotech revolution that has the potential to cure most diseases—adding decades to your healthspan. Tony Robbins and Peter Diamandis have authored a powerful and friendly road map for anyone to maximize their health and vitality. *Life Force* does a marvelous job of making technologies like CRISPR, gene therapy, and stem cells understandable, in a way that gives the reader a hopeful and compelling vision of the future.”

—George Church, PhD, professor of genetics at Harvard Medical School; professor of health sciences & technology at Harvard and MIT, and a founding member of the Wyss Institute for Biologically Inspired Engineering

“You will not regret buying this book. It is full of the latest, but importantly, scientifically grounded, facts aimed at extending one’s lifespan and healthspan. Tony & Peter serve up a whole-body finger-buffet of essential information, written with a beautiful narrative arc. Perhaps most important, this isn’t just a book about “here’s what you should do,” but in addition “how to do it.” The

book is actionable, practical. Bottom line: you will be changed by this book, and so, so much for the better.”

—Matthew Walker, PhD, professor of neuroscience at the University of California, Berkeley; sleep scientist at Google; author, *Why We Sleep: Unlocking the Power of Sleep and Dreams*

“*Life Force* is a visionary and extraordinary book—filled with the latest science-based information on health and healing that can help transform both the quality and quantity of your life. Highly recommended!”

—Dr. Dean Ornish, president and founder of the Preventive Medicine Research Institute; clinical professor, University of California, San Francisco School of Medicine; author, *Reversing Heart Disease*, and *UnDo It!*

“Tony Robbins, long the master of helping others generate the right mindset for success, turns his attention in *Life Force* to providing us with useful lessons on whole-body health and a roadmap for how advances in precision medicine can help us improve and extend our wellness and overall healthspans.”

—Dr. Michael Roizen, chief wellness officer emeritus at Cleveland Clinic for Functional Wellness, award-winning author of five *New York Times* bestsellers

“*Life Force* will help you find answers. It covers the most important innovators, inventions, and technologies that are transforming health and medicine today.”

—Ray Kurzweil, famed inventor and futurist with a 30-year track record of accurate predictions, awarded the National Medal of Technology by President Bill Clinton, and the man *Inc* magazine calls the “rightful heir to Thomas Edison”

“This remarkable biopsy of modern medicine’s marvels takes us on a futuristic journey of hope and healing that is already at our fingertips and will have a

seismic impact on readers.”

—Mehmet Oz, MD, attending surgeon, New York Presbyterian
& Columbia University

“Tony Robbins gives you access to information that’s not readily available. Story after story of medical breakthroughs will inspire you and provide you with effective solutions for greater health, wellness, and quality of life.”

—Dr. Mark Hyman, head of strategy & innovation, Cleveland
Clinic Center for Functional Medicine, 14-time bestselling
author, internationally respected physician, researcher, educator,
and activist

“You will find a treasure trove of the long-standing and emerging secrets to extending your healthspan and your lifespan in *Life Force*. In one place, Tony Robbins and Peter Diamandis have compiled the insights from over 100 leading experts in the fields of health, medicine, and technology that readers can use to make better decisions to fuel a better heart, mind, and overall quality of life.”

—Eric Verdin, MD, president and CEO, the Buck Institute;
assoc. professor, University of California, San Francisco School
of Medicine; fellow of the American Association for the
Advancement of Science

“*Life Force* showcases the coming breakthroughs in treating and preventing dementia, cancer, and cardiovascular disease. This powerful book delivers actionable strategies to keep us healthier, longer. Tony and Peter make the promise of the precision medicine revolution understandable through compelling stories. This is a must-read for anyone who desires the healthiest possible future for themselves and the world!”

—Rudy Tanzi, PhD, bestselling author, *The Healing Self*;
professor of neurology, Harvard University; co-director of the
McCance Center for Brain Health, Mass. General Hospital

WHAT THE WORLD'S GREATEST ATHLETES ARE SAYING ABOUT TONY ROBBINS & *LIFE FORCE*

“In his new book Tony Robbins brings you the most important resources that can help anyone sustain peak performance, and lead a healthy and more vital life.”

—Cristiano Ronaldo, top goal scorer of all time, 5-time Ballon d’Or winner, 33 career trophies, 7 league titles, and 5 UEFA Championship League titles

“In *Life Force* you’ll find the latest breakthroughs and therapies available to help you heal and strengthen your body—the same nonsurgical solutions that helped me go from not being able to stand for longer than 10 minutes, to playing golf and hitting the tennis ball again without pain. They will dramatically enhance your life!”

—Jack Nicklaus, greatest golfer of all time with 120 professional tournament victories worldwide, and winner of 18 professional major championship titles

“Tony Robbins helped me discover what I am really made of. With Tony’s help, I’ve set new standards for myself, and I’ve taken my tennis game—and my life—to a whole new level!”

—Serena Williams, 23-time grand slam champion

WHAT THE WORLD'S GREATEST LEADERS ARE SAYING ABOUT TONY ROBBINS & *LIFE FORCE*

“When Tony Robbins focuses on a subject to help you, he speaks with the luminaries in the field to get the most important concepts, synthesizes them brilliantly, and lays them out in an easy-to-understand and entertaining way so it is a beautifully packed gift. *Life Force* is Tony Robbins at his best, dealing with

the most important life question—how do we make our lives last longer and be of better quality? For those looking for answers to this question, this is a must-read. In this landmark book, Tony shows us the amazing scientific breakthroughs that are now being made and how you can take advantage of them to improve the quality and length of your life.”

—Ray Dalio, founder & co-chief investment officer of Bridgewater Associates, the largest hedge fund in the world, #1 *New York Times* bestselling author of *Principles*

“Tony Robbins has been an enormous source of strength and insight for me both personally and professionally.”

—Peter Guber, chairman & CEO of Mandalay Entertainment, owner of the LA Dodgers and Golden State Warriors

“He has a great gift. He has the gift to inspire.”

—Bill Clinton, former president of the United States

“Tony Robbins is a genius.... His ability to strategically guide people through any challenge is unparalleled.”

—Steve Wynn, CEO and founder of Wynn Resorts

“Tony Robbins’ strategies and tools have been at the core of our culture from the beginning. He has been one of the critical keys to Salesforce.com’s leadership and growth into an over \$25 billion company. Without Tony and his teachings, Salesforce.com would not exist today.”

—Marc Benioff, founder, chairman, and CEO of Salesforce.com

“What Tony really gave me, a kid sitting on Venice Beach selling T-shirts, was to take risks, take action, and really become something. I’m telling you as someone who has lived with these strategies for 25 years: I’ll come back for more again, and again, and again.”

—Mark Burnett, five-time Emmy Award–winning television producer of *Survivor*, *Shark Tank*, and *The Voice*

“Tony’s power is superhuman.... He is a catalyst for getting people to change. I came away with: It’s not about motivation as much as it is allowing people to tap into what’s already there.”

—Oprah Winfrey, Emmy Award–winning media magnate

WHAT THE WORLD’S GREATEST FINANCIAL MINDS ARE SAYING ABOUT TONY ROBBINS

“Robbins is the best economic moderator that I’ve ever worked with. His mission to bring insights from the world’s greatest financial minds to the average investor is truly inspiring.”

—Alan Greenspan, former Federal Reserve chairman under four sitting presidents

“Tony came to my office for a 45-minute interview that ended up lasting four hours. It was one of the most thought-provoking interviews of my life. His energy and passion are contagious and energizing.”

—The late John C. Bogle, founder, the Vanguard Group, which has more than \$3 trillion in assets under management

“Tony Robbins is a human locksmith—using his unique insights into human nature, he knows how to open your mind to larger possibilities.”

—Paul Tudor Jones II, founder, Tudor Investment Corporation, and one of the top ten traders in history

WHAT WORLD’S GREATEST ENTERTAINERS ARE SAYING ABOUT TONY ROBBINS

“No matter who you are, no matter how successful, no matter how happy, Tony has something to offer you.”

—Hugh Jackman, Emmy- and Tony Award-winning actor,
producer

“Tony Robbins is a genius, and only keeps on getting better. He inspires Rocky to keep punching.”

—Sylvester Stallone

“I was afraid that my success would take something away from my family. Tony was able to turn it around and show me that I’ve helped millions of people. Probably the most intense feelings I’ve ever had.”

—Melissa Etheridge, two-time Grammy Award-winning singer
and songwriter

“If you want to change your state, if you want to change your results, this is where you do it; Tony is the man.”

—Usher, Grammy Award-winning singer, songwriter,
entrepreneur

“What does this man have that everyone wants? He is a 6'7" phenomenon!”

—Diane Sawyer, former *ABC World News* and *Good Morning America* anchor

“Tony Robbins knows the rhythm of success. He is an incredible source of inspiration, and his methods have improved the quality of my life. I only work with the best, and Tony is the best.”

—Quincy Jones, Grammy Award-winning musician, producer

“Working with Tony Robbins, I felt unstoppable. From that moment on, there was zero doubt in my mind about what I wanted and how I was going to achieve

it. I was so clear about what I wanted that I made it happen: I became world champion.”

—Derek Hough, dancer, choreographer, and 5-time winner of
ABC’s Dancing with the Stars

“Tony Robbins provides an amazing vehicle for looking at your life, mapping out a mission, and determining what’s holding you back and what you need to move forward.”

—Donna Karan, legendary fashion designer, founder of DKNY

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LIFE FORCE

HOW NEW BREAKTHROUGHS IN PRECISION MEDICINE CAN
TRANSFORM THE QUALITY OF YOUR LIFE & THOSE YOU LOVE

TONY ROBBINS

AND PETER H. DIAMANDIS, MD

with ROBERT HARIRI, MD / PhD

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This book is dedicated to those souls who will never settle for anything less than all they can be, do, share, and give in their lifetime. Most important, to God's greatest gift in my life, my wife of twenty-two years, my Sage, my children, grandchildren, and my extended chosen family, I am grateful beyond words to each of you.

—Tony Robbins

*To my father, **Harry P. Diamandis, MD**, a dear and glorious physician who made it to age to 89.*

*And to my incredible mom, **Tula Diamandis**, who at age 86 is going strong! May she make it to her 100th!*

—Peter H. Diamandis

I'd like to dedicate my contributions to this book to my family—Alex, Jack, Haley, and Maggie—with the hope that our ongoing work will add healthy years, even decades, to the lives of those who make our efforts meaningful.

—Dr. Robert Hariri

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LIFE FORCE ADVISORY BOARD

We would like to thank the 11 members of our advisory board for their support on this book. They are all leaders in their field, and we are grateful for all of their collaboration.

- **Dean Ornish, MD**—president and founder of the Preventive Medicine Research Institute; Clinical Professor, University of California, San Francisco, School of Medicine; author, *Reversing Heart Disease* and *UnDo It!*
- **David Sinclair, PhD**—professor of genetics at Harvard Medical School; codirector of the Paul F. Glenn Center for Biology of Aging Research at Harvard; author of the New York Times bestseller *Lifespan: Why We Age—and Why We Don't Have To*
- **George Church, PhD**—professor of genetics at Harvard Medical School; professor of health sciences and technology at Harvard and MIT; and a founding member of the Wyss Institute for Biologically Inspired Engineering
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- **Rudy Tanzi, PhD**—professor of neurology, Harvard University; director of the Genetics and Aging Research Unit at Massachusetts General Hospital; vice chair of Neurology and codirector of the McCance Center for Brain Health
- **Rhonda Patrick, PhD**—published scientist and educator, creator of FoundMyFitness. Areas of expertise include research on aging (conducted at the Salk Institute), the role of genetics and epigenetics in health status, benefits of exposing the body to hormetic stressors, and the importance of mindfulness, stress reduction, and sleep.
- **Hector Lopez, MD**—cofounder of JUVN3 Holdings, LLC; founding partner and chief medical Officer, Supplement Safety Solutions, LLC, and Center for Applied Health Sciences, LLC; CEO of Ortho-Nutra and NutriMed Solutions
- **Matthew Walker, PhD**—professor of neuroscience at the University of California, Berkeley; sleep scientist at Google; author, *Why We Sleep: Unlocking the Power of Sleep and Dreams*

PREFACE

Congratulations on picking up this book! We're thrilled to take you on a journey of scientific breakthroughs, many of which you can apply today to immediately improve the quality and perhaps the quantity of your life.

Here's just a taste of what you'll be learning in the pages ahead:

HOW TO GAIN PURE ENERGY, STRENGTH, AND MAXIMUM PERFORMANCE

- Learn how to immediately boost your energy by tapping into the power of a natural compound in your body that drives energy at a cellular level.
- Discover the four vitality ingredients that a world-renowned genetics professor has used to reverse his biological age by 20 years.
- Increase your strength and muscle mass, boost your metabolism, and increase your bone density up to 14 percent with a scientifically proven 10-minute workout (once a week!).
- Learn the third pillar of health—one of the simplest things you can do to increase your daily focus, boost your mood, and experience greater vitality without caffeine or other stimulants.
- Prime your body for peak performance by using the latest wearables and devices that give you 24/7 personalized fitness, sleep, and recovery data.

HOW TO ACCELERATE HEALING, REGENERATION, AND LONGEVITY (WITHOUT SURGERY)

- How stem cells have helped people regain the use of their arms and legs after strokes or severed spinal cords, recover from injuries like torn ligaments, and driven children with leukemia into remission.
- A novel gene therapy that's been shown to restore sight with just two injections.
- A new injection that's saving hundreds of lives by helping those suffering from anxiety and/or PTSD.
- Three new powerful and effective scientific breakthroughs for eliminating back pain.
- An incision-less brain surgery that uses ultrasound to significantly relieve Parkinson's symptoms in minutes, and is now being tested in its use to block the addictive pattern in the brain.
- A breakthrough molecule that could erase osteoarthritis by growing new, pristine cartilage within 12 months, with just a single injection.
- Exponential technologies such as artificial intelligence, CRISPR, and gene therapy are being used to unravel the mystery of aging, how to slow it, stop it, and perhaps even reverse aging.

HEALTHY WEIGHT LOSS AND INNOVATIVE ANTI-AGING REMEDIES

- Two FDA-approved solutions that help curb your appetite, one of which has delivered an average weight loss of 22 pounds.
- Accessible and affordable hair treatments that can increase hair growth, luster, and volume up to 60 percent without harsh chemicals or uncomfortable side effects.
- New anti-aging remedies customized specifically for your skin by taking into account your DNA, lifestyle, and environmental factors so you can have glowing skin regardless of age.
- A way to blast fat for good with a noninvasive technology that helps you lose fat and tightens your skin (without surgery or scarring).
- The building block your body naturally produces that can give you Botox without needles, plus a new head of hair.

NEW WAYS OF TACKLING THE TOP KILLERS

- **Cancer:** How to win the war on cancer with the most promising alternatives to chemotherapy and radiation and a revolutionary blood test that may detect more than 50 types of cancer before symptoms surface.
- **Heart Disease:** A new FDA-cleared artificial intelligence test that can predict heart disease five to ten years in advance and provide a road map to help prevent it.
- **Diabetes:** The pennies-per-dose medication that safely treats and helps prevent type 2 diabetes and may protect you from cancer, heart disease, and Alzheimer's.
- **Alzheimer's:** A company that's applying CRISPR gene-editing technology to relieve Alzheimer's symptoms such as anxiety and depression.
- **Stroke:** How virtual reality headsets, high-tech sensors, and video games improve stroke survivors' dexterity and mobility.

... and much more.

INTRODUCTION BY RAY KURZWEIL

Ray Kurzweil is one of the world's leading inventors, thinkers, and futurists, with a thirty-year track record of accurate predictions. Kurzweil was selected as one of the top entrepreneurs by Inc. magazine, which described him as the "rightful heir to Thomas Edison." He was awarded the National Medal of Technology and Innovation, for pioneering and innovative achievements in computer science such as voice recognition, which have overcome many barriers and enriched the lives of disabled persons and all Americans.

I have a very short list of people whom I will almost always say yes to when asked a request. Tony Robbins and Peter Diamandis are at the top of this list. So, when they asked me to write this foreword, I didn't hesitate. Tony and Peter share my belief that the power of human ideas can change the world, including how long we live. **No matter what quandaries we face—business problems, health issues, relationship difficulties, the great social and cultural challenges of our time—there exists an idea that will enable us to prevail.** We can and must find that idea. And when we find it, we need to implement it. ***Life Force* will help you find those answers. It covers the most important innovators, inventions, and technologies that are transforming health and medicine today.** We are on the cusp of profound medical advancements as Artificial Intelligence begins to unlock the mysteries of our bodies and brains. **Yet many conventional healthcare practitioners are still caught up in the old paradigm and don't practice medicine as an information technology. This means that each of us has to take control of our own healthcare.** I've had some experience with that. Let me explain.

My father had a heart attack when I was 15 and died of heart disease when I was 22 (he was 58) in 1970. I had confidence in my ability to solve problems that came my way, and I realized that I probably inherited my father's genes for heart disease, so I put this health challenge on my long-term to-do list. In 1983, when I was 35, **I was diagnosed with type 2 diabetes. The conventional treatment made it worse** (causing me to gain weight, which exacerbated the diabetes), so I decided the time had come to bring these personal health issues to the top of my to-do list. **I immersed myself in the health and medical literature, came up with my own approach involving nutrition, lifestyle, and supplements and ultimately eliminated any indication of my diabetes by 1988.** I wrote a bestselling health book about the experience, *The 10% Solution for a Health Life*, and have since written two more award-winning health books, *Fantastic Voyage* (2004) and *TRANSCEND: Nine Steps to Living Well Forever* (2009).

As I was going through this personal health revelation, I was also busy working on two inventions: the first music keyboard capable of accurately reproducing the sounds of a grand piano and other orchestral instruments and the first commercially marketed large-vocabulary speech recognition system. Today a descendant of that technology is Apple's voice-recognizing Siri. As an inventor, I realized that the key to success was timing. Most inventions and inventors fail, not because they are unable to get their gadgets to work, but because their timing is wrong. So, in the early 1980s I became an ardent student of technology trends, tracking the capacity and price performance of computing, and discovered that technology was advancing exponentially. This was a radical idea at the time because it turned our intuition—to think linearly—on its head.

It was around 1995 that I began to see that the exponential growth of technology applied to the **Genome Project**, which had begun in 1990. **Seven and a half years into the project, one percent of the Genome had been collected, which caused early critics to say that it was going to take seven hundred years to finish. My response was that the project was right on schedule and that one percent is only seven doublings away from 100 percent.** And indeed, the project continued to double each year and was done