



**MARTA
ZARASKA**



@mzaraska
#GrowingYoungBook

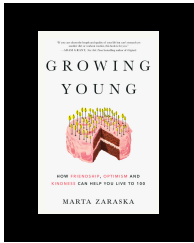


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"If you care about the length and quality of your life but can't stomach yet another diet or workout routine, this book is for you."

ADAM GRANT

WWW.GROWINGYOUNGTHEBOOK.COM



MARTA ZARASKA

PROFILE

Marta Zaraska is a Canadian science writer published in the Washington Post, Scientific American, The Atlantic, etc. Her new book, "GROWING YOUNG: How Friendship, Optimism and Kindness Can Help You Live to 100", is a Globe and Mail bestseller. GROWING YOUNG was endorsed by Adam Grant, Dan Buettner, Emeran Mayer, among others, and named by The Wall Street Journal one of the best books of 2020 on longevity and aging.

Her first book, "MEATHOOKED: The History and Science of Our 2.5-Million Year Obsession with Meat" was published in 2016 by Basic Books, and chosen by the journal Nature as one of "the best science picks" in 2016. Meathooked has been translated into Polish, Japanese, Korean, Spanish and simplified Chinese.

MEDIA APPEARANCES

- NPR Here & Now
- CTV The Social
- CBC Radio Canada
- Science Salon
- Kwik Brain Podcast
- Mindvalley Podcast
- The Agenda with Steve Paikin
- MindBodyGreen Podcast

ENDORSEMENTS

- Adam Grant
- Dan Buettner
- Emeran Mayer
- Joshua Becker
- Shawn Anchor
- Robin Dunbar
- Greg McKeown
- Richard Wrangham

TRANSLATIONS

- Spanish
- Japanese
- Mandarin
- French (upcoming)
- Polish
- German (upcoming)
- Thai (upcoming)
- Korean

REPRESENTATION

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