

AL Mustaqbal University

College of Arts and Human Sciences

Department of English Language and  
Literature

*Select  
Reading  
(English  
Language  
for 1<sup>st</sup> class)*

(Chapter 8) Can You Live  
Forever?

prepared

By

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# Can You Live Forever?

## Chapter

# 8

### Chapter Focus

#### CONTENT

Trying to live forever

#### READING SKILL

Understanding headings

#### BUILDING VOCABULARY

Understanding suffixes: -al, -ic, -ist, -logy



“Time would become meaningless if there were too much of it.”

—Ray Kurzweil, American inventor and futurist (1948– )

The main aims of the lecture on "Can You Live Forever?" are:

- Discuss the Future of Technology: To explain Kurzweil's prediction about nanobots and other future technologies, particularly in how they could help repair the body and extend life.
- Explore Kurzweil's Lifestyle Choices: To discuss the diet, exercise, and health regimen that Kurzweil follows in an effort to slow down aging and improve his chances of living long enough to benefit from future technologies.
- Present Kurzweil's Backup Plan: To explain Kurzweil's "Plan B", where he plans to freeze his body in case he dies before technology can save him.
- Encourage Critical Thinking: To get the audience to think about the realistic possibilities of living forever, the ethical implications, and how technology might shape the future of health and aging.
- These aims help to provide a comprehensive view of Ray Kurzweil's ideas about life extension, while sparking discussion on the role of technology in our future well-being.

## Reading Passage

### Can You Live Forever?

1 There's an old saying: An apple a day keeps the doctor away. Certainly, apples are good for you, but can eating them really help you avoid getting sick? Could they even help you live forever? Eating apples may not be enough, but there's at least one man who thinks that living forever is possible.

### Ray Kurzweil: Inventor<sup>1</sup> and Futurist

Ray Kurzweil was born in 1948 and grew up in New York City. Kurzweil is an inventor and is well known for his work in technology. Many of his inventions have been in the area of artificial intelligence, <sup>2</sup> or AI for short. Kurzweil is also well known as a futurist—a person who has strong ideas about how the future might be, or perhaps should be, based on his knowledge of science.

### Kurzweil's View of the Future

Kurzweil believes that by 2050, there will be a new technology called 15 nanobots, tiny<sup>3</sup> machines that will be so small that billions of them will be able to travel inside your body and fix problems in each cell.<sup>5</sup> Kurzweil also believes that by then, computers will be able to think just like a person's brain. He just has to live long enough so that he can take advantage of these inventions. He believes that diet and exercise are 20 the keys.

#### Kurzweil's Plan: Diet and Exercise

Besides all of his famous work in technology and futurology, Kurzweil may be best known for what he eats and drinks. Kurzweil and his personal doctor, Dr. Terry Grossman, have created a special diet and exercise 25 program. Using these tools and a few others, Kurzweil hopes to live forever.

Kurzweil drinks very large amounts of water every day. He believes that a lot of water is needed to get all of the toxins out of his body. He never drinks soft drinks or coffee, but he does drink green tea. He thinks it does many good things for his body.

Kurzweil also believes that certain kinds of foods are unhealthy. Inste of eating foods like white bread, potatoes, and white rice, he thinks peop should eat foods like whole wheat bread and brown rice. For many year Kurzweil has not eaten any food that has sugar in it. He eats mostly 35 vegetables, lean meats, and tofu.

Kurzweil also does a few other things for his health. He tries to have very little stress in his life, and he makes sure he gets enough sleep every night. He exercises daily and meditates<sup>10</sup> regularly as well. Kurzweil also takes special vitamins and other supplements<sup>11</sup> that he feels will help slow 40 the aging of his body. In fact, he takes over 150 different supplements every day.

#### The Race Between Age and Invention

Will this routine help him live until 2050? Maybe. Kurzweil regularly takes tests to check the "age" of his body. When he was 40 years old, 45 the age test said his body was like a 38-year-old's. In 2009, at age 61, the same test said that his body was like a 40-year-old's. He feels that if his body only seems 2-3 years older after 20 years, living until 2050 may be possible.

#### "Plan B"

50 What if his body dies before nanobots can save him? Kurzweil is already planning to have his body frozen 12 by a company called the Alcor Life Extension Foundation. They will keep his body frozen until they feel that the technology is ready to bring him back to life.

Many scientists believe that Kurzweil's ideas about living forever are 55 not really he waits for enough technological inventions, both his mind and his body may be able to live forever.

Vocabularies:

- 1- inventor person who makes, or creates, new things
- 2- artificial intelligence (AI) machines that can "think" like a person's brain does
- 3- tiny very small
- 4 billions one billion = 1.000.000.000
- 5 cell the smallest living part of an animal or plant
- 6 take advantage of make full use of something
- 7 diet what you eat and drink
- 8 toxins things that are bad for your body; poisons
- 9 lean with very little or no fat
- 10 meditates thinks deeply in a special way to become calm and peaceful
- 11 supplements things that are added to your diet, like vitamins or spec
- 12 frozen made very cold, like ice

## After You Read Understanding the Text

### A. Comprehension

For each item below, fill in the correct circle.

1. Finding the Main Idea This reading is primarily about technological inventions of the future

healthy diet and exercise tips

one man who is trying to live forever ✓

2. Scanning for Details What does Kurzweil believe will happen by 2050?

Nan bots will be invented. ✓

A computer will be able to fix his cells.

His body will be like a 61-year-old's body.

3. Scanning for Details In 2009, Kurzweil was years old.

38

40

4. Making Inferences You can infer that:

Many scientists think Kurzweil's ideas for living forever are useful.

Kurzweil may start to drink coffee in the future. ✓

If Kurzweil dies, his body may be frozen for many years.

5. Understanding the Author's Purpose the author's purpose in writing this article was to

inform and entertain

persuade and entertain

persuade and inform ✓

B. Vocabulary

Underline these words in the reading passage on pages 73-74. Then match each word with its definition to the right.

B. Vocabulary

1. possible

✓ e. Can happen

2. knowledge

✓ c. What a person knows

3. personal

✓ a. Belonging to one person; used by one person and no one else

4. stress

✓ b. Feelings caused by being worried or nervous

5. routine

✓ d. Things you do on a regular schedule

**Conclusion: A Future of Possibilities?**

Ray Kurzweil's quest for immortality raises intriguing questions about the future of humanity. While we can't say for certain whether humans will live forever, it's clear that technology is rapidly advancing. Kurzweil's work in AI, his vision for

nanobots, and his strict lifestyle choices all point to a future where health, aging, and even life itself could be dramatically different.

Even if living forever isn't immediately possible, we can certainly learn from his ideas about health, technology, and visionary thinking to live our best lives now and in the future.

### **Questions & Discussion**

1. Do you think it's possible for technology to extend life in the way Kurzweil envisions?
2. What lifestyle changes could you make today to live a healthier life?
3. If you had the opportunity, would you choose to freeze your body for future revival?