The Best Longevity Books of 2025

7 MIN READ

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A reading list of new releases that explore what it takes to live with more aliveness today.

Longevity is a lived practice. It’s the capacity to stay curious, strong, emotionally agile, socially connected, and meaningfully engaged as life unfolds. At Super Age, we think of longevity as aliveness in motion, shaped by how we move, relate, recover, and grow.

These are the books released in 2025 that reflect that belief.

They explore longevity through biology, through muscle and movement, nervous system health, emotional regulation, creativity, leadership, relationships, curiosity, and courage. Some are grounded in hard science. Others work at the level of meaning, identity, and inner life. All of them expand what it means to age well in a complex world.

The Best Longevity Books of 2025

This list reflects the Super Age view of longevity: the practice of aliveness. The art of staying in motion, physically, intellectually, emotionally, so that the years ahead are not just longer, but richer.

1) *Super Agers* by Eric Topol

A clear-eyed, evidence-driven look at what it actually takes to live longer and better in the age of AI medicine. Topol translates cutting-edge research into grounded insights without hype, making this a foundational read for anyone serious about expanding thier healthspan.

GET THE BOOK

2) *Stronger* by Michael Joseph Gross

A deeply reported exploration of muscle as a biological, cultural, and existential force. Gross reframes strength not as vanity or youth-chasing, but as a lifelong asset tied to independence, dignity, and longevity.

GET THE BOOK

3) *The Great Nerve* by Kevin J Tracey, MD

A definitive guide to the vagus nerve from one of the scientists who helped define the field. Tracey connects inflammation, immunity, and neural signaling in ways that reshape how we think about healing and resilience.

GET THE BOOK

4) *Strong Ground* by Brené Brown

Brown moves beyond vulnerability as a buzzword and into the lived complexity of leadership, courage, and paradox. This book is less about fixing yourself and more about standing steady when certainty is unavailable, which is a critical skill for modern aging.

GET THE BOOK

5) *Why Brains Need Friends* by Ben Rein, PhD

Rein makes a compelling neuroscientific case that social connection is not optional, it’s structural. This book explains why isolation accelerates decline and how relationships literally shape brain health across the lifespan.

GET THE BOOK

6) *The Book of Alchemy* by Suleika Jaouad

Part memoir, part creative companion, this book invites readers to transform suffering into meaning through reflection and ritual. It’s a quiet, powerful guide for anyone

navigating illness, uncertainty, or reinvention.

GET THE BOOK

7) *Life in Three Dimensions* by Shigehiro Oishi, PhD

A refreshing redefinition of the good life through psychological richness, curiosity, and exploration. Oishi challenges the idea that happiness alone is the goal, offering a more expansive vision of fulfillment over time.

GET THE BOOK

8) *Shift* by Ethan Kross

Kross delivers practical, research-backed strategies for working with emotions rather than being hijacked by them. This is emotional regulation for real life; clear, usable, and especially valuable in midlife transitions.

GET THE BOOK

9) *How to Menopause* by Tamsen Fadal

A modern, no-nonsense guide to one of midlife’s most misunderstood transitions. Fadal blends journalism, advocacy, and lived experience to empower women with clarity, confidence, and better questions for their doctors.

GET THE BOOK

10) *Hold Nothing* by Elena Brower

Brower offers a poetic, embodied invitation to loosen our grip on stories, identities, and outcomes. This is a book about inner spaciousness, written for readers ready to come home to themselves.

GET THE BOOK

11) *When Everyone Knows That Everyone Knows* by Steven Pinker

A sharp, sometimes unsettling examination of how shared beliefs shape power, money, and behavior. Pinker offers tools for understanding social dynamics that quietly govern everyday life, especially in times of rapid change.

GET THE BOOK

12) *How to Love Better* by Yung

Pueblo

Simple on the surface, deeper on reflection, this book explores how personal growth transforms relationships. It’s about emotional maturity as a lifelong practice, not a destination.

GET THE BOOK

13) *The New Emotional Intelligence* by Travis Bradberry

An updated take on EQ that connects emotional awareness to performance, leadership, and health. Bradberry emphasizes skill-building over personality, making emotional intelligence something you can actually train.

GET THE BOOK

14) *How to Make Your Brain Your Best Friend* by Rachel Barr

A neuroscience-informed roadmap for working with your brain instead of against it. Barr translates complex science into compassionate strategies for mental health, habit change, and daily resilience.

GET THE BOOK

15) *On Muscle* by Bonnie Tsui

Tsui blends science, culture, and storytelling to explore muscle as both tissue and metaphor. This is a lyrical, surprising meditation on movement, strength, and what it means to be fully alive in a body over time.

GET THE BOOK

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