Anti-aging project

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Why this project?

- Aging causes or contributes to other problems in my life or others' lives
  - Like what?
    - Having kids before learning much about parenting (biological clock)
    - Overreaching (due to the misconception that nothing will help you get more done before dying)
    - Reluctance to engage in long term projects / planning (I probably be dead before this works)
    - Retirement (I'm gonna die soon so I deserve to not produce anything until then)
- I don't want my kids to die
- I don't want to suffer from age related disease
- I don't want to die

What is success?

- Help make enough progress so my kids don't die of old age
- Live at least 100 more years without becoming frail, disabled, or brain damaged

What Technological Approach?

- Medical
  - Rejuvenation
    - Has best existing work
  - Artificial brain support system
    - Most amenable to incremental progress
      - Most existing work/funding (though not thought of as such by most workers)
- Cryonics
  - Current efforts are mainly BS
  - If I use this, it means at least one of my success criteria has likely already failed
  - Upon revival, I would be way behind in productive knowledge
  - Not as amenable to incremental progress as medical approaches
  - Depends on the value future people see in reviving me
- Brain Uploading
  - Technically hardest and riskiest
    - Not as amenable to incremental progress as medical approaches
  - The most desirable approach for making progress in other areas like space travel
  - Solves the problem of death due to lots of other causes (not just aging)

What problems do I foresee?

- Keeping Motivated
- Losing patience with indirection
- Getting distracted by other topics / projects
- Caring about social disapproval
- I don't know enough to choose one now

What are my next steps?

- Become Fi Contributor
  - Financial obligation gated
- Resume YESNO study
  - Time and focus gated

Isn't this Overreaching?

- Psychological need for a long term goal (besides just learn philosophy / power up)
- Expect Indirection
  - What general steps?
    - Learn how to make good decisions
    - Learn about the state of the effort
    - Identify constraints I can address
    - Implement strategies to address constraints

What production approach?

- Scientist
  - Learn enough to make direct progress myself
- Leader
  - More social and save the world oriented
  - Promote a political and social environment where progress is easier / more likely
  - Learn how to convince more people they should care
  - Learn how to convince more people they should care
  - Earn enough in some other enterprise to pay the right people to make progress
  - Financial strategies like long life insurers / short annuity providers
- I don't know enough to choose one now