These days people live much longer than they used to

These days it seems as if people tend to reach immortality more and more every day. This is the case whether we are thinking of many surgeries people go through in order to live linger or methods and diets they try for healthy life and longevity.

A benefit of longevity can be a happy and eventful life. In addition, people have more time to experience things they could not in the past centuries because they would grow old more quickly and therefore were not able to live their lives to the fullest. Longer life can also mean success in your career and can also mean more self-improvement.

On the other hand, there are also downsides of this phenomenon. Living longer also means more years of worsened mobility and lack of ability to do the most basic everyday activities. People often mistake longevity for eternal youth when considering this idea. I personally do not find living a long life that tempting because people start growing old at 2/3 of their life and if a person lived for 90 years, this would mean 30 years of watching yourself becoming a burden to your family. I want to live my life to the fullest and as long as I enjoy living. Dreading waking up the next day is not the way to live.

All in all, I personally would love to live a long time but also as long as I appreciate life the way it should be appreciated. Life should be considered a gift and spent in the best way possible.

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