

PHILOSOPHY

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Human longevity philosophy: Social value, existential meaning and strategies to achieve

The article attempts a philosophical and anthropological analysis of the problem of human longevity. The author consistently reveals social value, existential meaning and strategies for achieving human longevity. The article provides arguments in favor of the fact that a person, prolonging life and preserving its quality, acquires a unique opportunity to acquire genuine wisdom, a sense of greatness and completeness of the life lived and spiritual harmony. For the first time, a long-liver finds only him an accessible full-fledged opportunity to include life in the context of the ultimate foundations of being.

Key words: man, longevity, old age, longevity, immortality, life, value, health, strategy, self-realization, body, soul.

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