



# LIMITLESS

WITH CHRIS HEMSWORTH

## FEATURED EXPERTS

### **Dr. Modupe Akinola**

*"Stress-Proof"*

Akinola, a professor of management at Columbia Business School, gives Chris the tools to deal with his stress head-on.

### **Alua Arthur**

*"Acceptance"*

Arthur, a death doula and founder of Going with Grace, gets Chris to open up about his own death.

### **Dr. Peter Attia**

*"Shock," "Fasting," "Strength"*

Attia, a longevity physician at Early Medical, teaches Chris the science of aging and how to combat it through different techniques.

### **Ross Edgley**

*"Shock," "Strength"*

Edgley, an extreme athlete and sports science author, prepares Chris' body to handle a swim in nearly freezing waters.

### **Bruce "BJ" Miller**

*"Acceptance"*

Miller, president and counselor at Mettle Health, guides Chris on a journey through old age and mortality.

### **Dr. Sharon Sha**

*"Memory"*

Sha, a doctor, clinical associate professor and associate vice chair of clinical research neurology and neurological sciences for Stanford Center for Memory Disorders, helps Chris combat his mind's aging process.

### **Tanya Streeter**

*"Fasting"*

Streeter, a professional freediver, coaches Chris on his underwater breath-holding capacity.