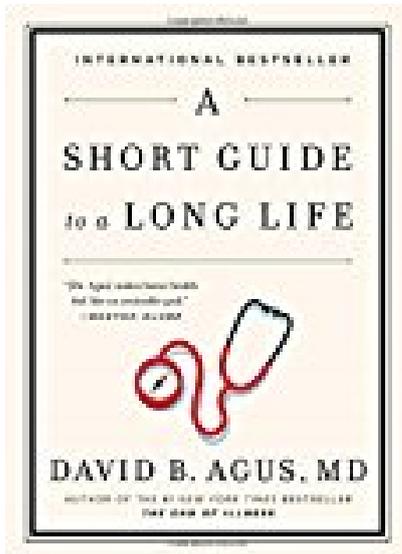


A Short Guide to a Long Life



BOOK DETAILS

- Author : David B. Agus M.D.
- Pages : 208 Pages
- Publisher : Simon & Schuster
- Language : English
- ISBN : 147673609X

 [DOWNLOAD](#)

BOOK SYNOPSIS

The New York Times bestselling book of simple rules everyone should follow in order to live a long, healthy life, featuring illustrations throughout, from the author of *The End of Illness*. In his international bestseller, *The End of Illness*, Dr. David B. Agus shared what he has learned from his work as a pioneering cancer doctor, revealing the innovative steps he takes to prolong the lives of not only cancer patients, but those who want to enjoy a vigorous, lengthy life. Now Dr. Agus has turned his research into a practical and concise illustrated handbook for everyday living. He believes optimal health begins with our daily routines. *A Short Guide to a Long Life* is divided into three sections (What to Do, What to Avoid, and Doctor's Orders) that provide the definitive answers to many common and not-so-common questions: Who should take a baby aspirin daily? Are flu shots safe? What constitutes "healthy" foods? Why is it important to protect your senses? Are airport scanners hazardous? Dr. Agus will help you develop new patterns of personal health care, using inexpensive and widely available tools that are based on the latest and most reliable science. An accessible and essential handbook for preparing for visits to the doctor and maintaining control of your future, "*A Short Guide to a Long Life* explores the simple idea that a healthy tomorrow starts with good habits today" (Fortune).

A SHORT GUIDE TO A LONG LIFE - Are you looking for Ebook *A Short Guide To A Long Life*? You will be glad to know that right now *A Short Guide To A Long Life* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *A Short Guide To A Long Life* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *A Short Guide To A Long Life* and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *A Short Guide To A Long Life*. To get started finding *A Short Guide To A Long Life*, you are right to find our website which has a comprehensive collection of manuals listed.