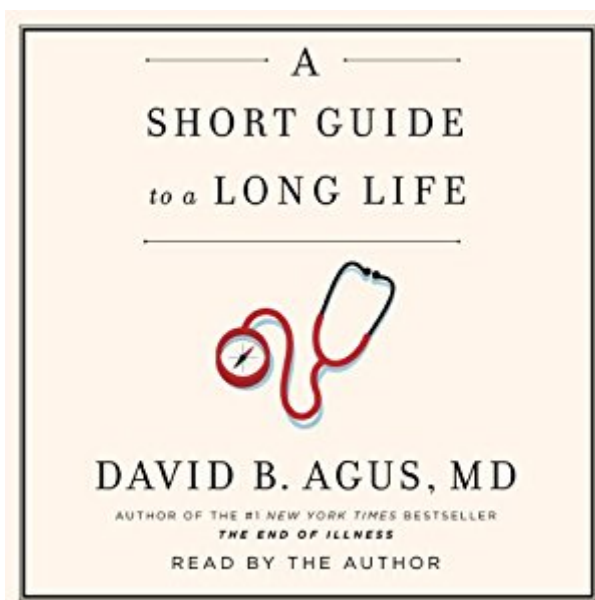


The book was found

A Short Guide To A Long Life



Synopsis

One of the world's leading doctors and best-selling author presents the simple rules everyone should follow in order to live a long, healthy, and productive life. In his number-one New York Times best-selling book, *The End of Illness*, Dr. David B. Agus shared what he had learned from his work as one of today's most prominent cancer doctors and researchers, revealing the risks he takes in a field begging for innovations that can prolong not only the lives of cancer patients but anyone hoping to live long and robustly. Now Dr. Agus has compiled his most helpful health advice in a fun guide. Hailed by Vice President Al Gore as having developed "a dramatic new way that could lead to greatly improving the quality of life for millions, starting right now", Dr. Agus believes that our foundation for optimal health begins with the daily habits we keep - and that we can build upon that bedrock with inexpensive, widely accessible drugs that have been proven to work while ditching false promises, such as vitamins and supplements. *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? Are vitamins bad for you? What is truly "fresh" produce? Why is it important to protect your senses? Are airport scanners hazardous? Dr. Agus' eye-opening responses will help you develop new, effective patterns of personal health care so you can maintain your health using the latest and most reliable science. Now go live life!

Book Information

Audible Audio Edition

Listening Length: 3 hours

Program Type: Audiobook

Version: Unabridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: January 7, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00EQD8WIY

Best Sellers Rank: #84 in Books > Audible Audiobooks > Health, Mind & Body > Health #101

in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #103 in Books >

Audible Audiobooks > Science > Medicine

Customer Reviews

I recently read an interesting article about David B Agus MD in Wired magazine about his clients and what he did for them. Many celebrities swear by his way of treating illness, cancer and promoting a healthier lifestyle. Among the many patients Dr. Agus treated were Steve Jobs, Neil Young, Robin Quivers, Ted Kennedy and Lance Armstrong. In fact, Howard Stern lauds Dr. Agus for saving Robin's life. I received my Kindle download and immediately started reading this 208 page book. A lot of information to digest and I'm sure I will go back to reference many sections and reread this book many times. Dr. Agus divides the book into three sections - What to DO, What to Avoid & Doctor's Orders. Each section has rules to live by, many you have heard before, some may be controversial, but all are explained in a simple, easy to read, fun to read, and expertly explained style. Some of my favorite rules were "Get Naked" and "Get off Your Butt More" and of course "Pick up a Pooch". Being a dog owner and lover, I found this very satisfying and certainly a confirmation of how I feel. In the Doctor's Orders section, Dr. Agus goes through a quick checklist of guidelines for keeping up with your health for each age group from the 20's to the 70's and beyond. Common sense guidelines like prostate exams for older men, routine breast exams for women to A1C diabetes blood tests in your 20's if you have a family history. The back section also has Top 10 lists, like Top 10 Foods High in Trans Fat or Top 11 Fish with Omega-3. I found these lists both interesting and useful, a tool to be referenced often. Some of Dr.

[Download to continue reading...](#)

Short Bike Rides - Long Island (Short Bike Rides Series) A Short Guide to a Long Life Stocks for the Long Run 5/E: The Definitive Guide to Financial Market Returns & Long-Term Investment Strategies Long Haired Dachshund Calendar - Long Hair Dachshund Calendar - Wirehaired Dachshund Calendar - Dog Breed Calendars 2017 - Dog Calendar - Calendars 2016 - 2017 wall calendars - by Avonside Structure and Function of a Chihuahuan Desert Ecosystem: The Jornada Basin Long-Term Ecological Research Site (Long-Term Ecological Research Network Series) ETFs for the Long Run: What They Are, How They Work, and Simple Strategies for Successful Long-Term Investing Our Little Spartan Cousin of Long Ago (Yesterday's Classics) (Our Little Cousins of Long Ago) Long Story Short: The Only Storytelling Guide You'll Ever Need A Short Guide to Writing About Art (The Short Guide) Tactical Urbanism: Short-term Action for Long-term Change A Short Tale About a Long Dog #2 (Here's Hank) Long and Short Stitch Embroidery: A Collection of Flowers (Milner Craft Series) Long-Term Secrets to Short-Term Trading Long Story Short: Ten-Minute Devotions to Draw Your Family to God Vision to Reality: How Short Term Massive Action Equals Long Term Maximum Results Revelations of Divine Love (Short Text and Long Text) A Short Guide to Writing about History (8th Edition) (Short Guides) Creating Short

Fiction: The Classic Guide to Writing Short Fiction A Short Guide to Writing About Music (Short Guides Series) A Short Guide to Writing about Film (Short Guides Series)

[Dmca](#)