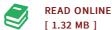




A Short Guide to a Long Life (Hardback)

By David B. Agus

Simon Schuster Ltd, United Kingdom, 2014. Hardback. Condition: New. Language: English. Brand New Book. One of the world s leading doctors presents the simple rules everyone should follow in order to live a long, healthy and productive life. In his No. 1 New York Times bestselling 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, illustrated 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. Dr Agus Short Guide to a Long Life is divided...



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