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#1 *New York Times* Bestselling Author of

THE END OF ILLNESS

David B. Agus, M.D.



The
LUCKY YEARS

How to Thrive in the
BRAVE NEW WORLD
of Health

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The Lucky Years: How to Thrive in the Brave New World of Health



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Bestselling writer David Agus unveils the brave "new world" of medicine, one in which we can take control of our health like nothing you've seen prior and doctors can fine-tune strategies and weapons to prevent illness. In his 1st bestseller, *THE FINISH* of Illness, David Agus uncovered how to add vibrant years to your daily life by knowing the true facts of health. In this publication, he builds on that theme by displaying why this is actually the luckiest time however to be alive, providing you the keys to the new kingdom of wellness. Imagine being able to get fit and lose excess weight without dieting, train your immune system to fight tumor, edit your DNA in order to avoid a certain fate, erase the chance of a heart attack, reverse maturing, and know precisely which drugs to take to optimize health with zero unwanted effects. In this fresh golden age, you'll be able to take full advantage of the most recent scientific results and leverage the power of technology to customize your treatment. Only those who learn how to gain access to and adapt to these breakthroughs—without having to be distracted by hyped ideas and bad medicine—s the picture into the future that you can enter starting today. Medication is undergoing rapid modification. That's a will advantage. Welcome to The Lucky Years.



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Promising but over promises This is a fascinating book and a good overview of modern health science and medicine. A fantastic, in-depth, optimistic book on health, disease, and healthy lifestyle practices. It's aspirational and points to coming advancements in stem cell treatments and personalized medicine. But those parts of the book certainly are a small fraction of the full total. Five Stars Great Book Five Stars Good Read Five Stars Fascinating book! Which the reserve doesn't do. This book offers effective insights into understanding your . In the event that you realized precisely how abysmally stupid physicians are about chemistry and medicines, you would under no circumstances go near one. I'd say this is more textbook than anything. I disagree with his views concerning statins and do therefore from a scientific point of view of a chemist. As scientists we differ inside our interpretation of published material. That 's what authentic science accomplishes. Once more Dr Agus doesn't disappoint. Great reserve -- review from an MD i am a physician and i come across dr agus's books informative and readable. he applies the concepts of research to actual day to day living. Agus shared. I make reference to his book multiple times a day time when talking to patients in my own practice and I also make an effort to follow his advice personally. Great book. More of textbook on studies and the future of medicine.. Once more Dr Agus doesn't disappoint. Reread A BRIEF Guide to an extended Life Instead I bought this longing for an revise or additional information about healthy living. That isn't really what this reserve is approximately. David Agus uses his understanding and authentic scientific analysis to give considered and informed opinion to the field of medicine and how it really is rapidly changing. It talks about studies and the path and future of medication, not really anything new about healthy living. Book starts off effectively - and references numerous recent findings that are relevant. The book is okay from an education standpoint, however, not a standalone book about personal health. This book should be read by whoever has the slightest interest in the condition of medical science. If you realized precisely how abysmally stupid medical doctors are about chemistry and drugs Finally a medical doctor who understands a bit approximately chemistry. This book offers powerful insights into understanding your very own health and wellness.... His style is certainly reader friendly and will be offering excellent proven suggestions that even the best primary care doctors do not address with their sufferers. I've read his other books multiple occasions and have followed his suggestions which has result in me feeling and searching healthy, energetic, and youthful. Many thanks Dr Agus!. But it's promise to provide useable knowledge about how to extend life and health in "the lucky years" is not actually borne out. What I especially loved was that Dr. Agus described why issues are healthy or not really, and how points interact in the body. For me, it isn't enough to know that something is healthy or not; I need to understand the whys. Amazing and inspiring. A good read with lots of healthy suggestions and inspiring information on the strides medication is making and the potential treatments in the works. References are good documented etc.. Great information! if you read "A BRIEF Guide to an extended Life" there is really no new information from this book. May have been better for the writer to end in a more practical . Nevertheless, it gets quite preachy and unfocused towards the end. Might have been better for the author to end on a more practical note than "find out thyself". Waste I was thus looking towards getting the most up-to-date info and using it to make a plan for good wellness. Heard this information for years. Eat well, sleep well, take aspirin, have a station and live quite a long time. Instead I got the same old tips wrapped up in a large amount boring research. Five Stars Great information and insight. In short, I expected a lot more detailed manual on how personal habits and knowledge combined with latest medical breakthroughs would allow me to reasonably expect to

dramatically increase my entire life period and my quality of life. A valuable book to have on your shelf Great easy to comprehend book on how to live a healthier life. Heard him on Howard Stern's present and was immediately addicted to the wealth of knowledge Dr. I'm an enormous fan. Maybe too technical We are lucky Excellent book Great information and easy to read.



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