

INTERNATIONAL BESTSELLER

A

SHORT GUIDE
to a LONG LIFE

"[Dr. Agus] makes better health
feel like an attainable goal."
—BOSTON GLOBE



DAVID B. AGUS, MD

AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER
THE END OF ILLNESS

David B. Agus M.D.

A Short Guide to a Long Life



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THE BRAND NEW York Times bestselling book of simple rules everyone should follow to be able to live a long, healthy life, featuring illustrations throughout, from the author of THE FINISH of Illness. Why is it important to protect your senses? David B. Agus shared what he offers learned from his work as a pioneering malignancy doctor, revealing the innovative steps he requires to prolong the lives of not only cancer individuals, but those who want to enjoy a vigorous, lengthy life. Agus can help you develop fresh patterns of personal healthcare, using inexpensive and widely available tools that are based on the latest & most reliable research. Agus has switched his research into a useful and concise illustrated handbook for living. He believes optimal wellbeing begins with our daily routines. A Short Guide to an extended Life is split into three sections (What to Do, What things to Avoid, and Doctor's Orders) offering the definitive answers to many common and not-so-common questions: Who should have a baby aspirin daily? What constitutes "Are flu shots safe?healthy" foods?In his worldwide bestseller, THE FINISH of Illness, Dr. Are airport scanners hazardous?A BRIEF Guide to a Long Life explores the easy idea that a healthy tomorrow starts with great habits today" Today Dr. An accessible and important handbook for preparing for visits to the physician and keeping control of your own future, " Dr. (Fortune).



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A Great Book FOR ALL THOSE FOLKS With Short Attention Spans This book isn't just easy to read, but while I was reading it, he didn't "lose" me in "doctor speak", overly-detailed explanations and extra-long chapters. He makes the information fairly short and nice and explains why you will need (or don't need) to do something that will better your health and possibly allow you to lead a longer existence..This book is small in proportions and on paper, however, I like that because it is almost just like a quick guide to extending your life. I enjoyed every single chapter - even the ones that didn't pertain to me. This publication is something you will want to go through once and keep on hand to refer back again to again and again. This reserve would also make an excellent present or stocking stuffer for someone in your life and also require had a few minimal health issues or who is feeling that they are getting to become "over the hill". THE VERY BEST Most Methodically Researched Easy to Digest Overview of Health Advice I've Found Among the best compilations, and combos of good researched and documented findings, combined with quick summaries, easily digested by anyone, and an excellent primer for exploring each item listed in greater detail. When the writer of 10 Things You Can Do TO POSSESS A Better Day sends you a book to learn, you'd be foolish not to devour it as soon as your schedule permits.The Intent: give a great summary of well documented findings across a number of fields. (Confession: I still take some health supplements since blood tests present I am not getting what I want from my diet, that may switch as my diet has changed) The Truth The book gives a standard view of the risks of refined sugars basically. Easy go through with a lot of easy issues you can transform in your daily life to be healthier.This is a collection of methodically researched findings, by thousands of other scientists and studies, compiled directly into a straightforward to digest, short book, which can be read quickly by anyone.It's like Cliff's Notes for a wholesome life. It's an excellent book.. All the info regarding the risks of fats in the last few years is described as a shift from body fat to sugars in the processing of food.Dr Agus, is an ivy group trained malignancy doc that saves peoples lives everyday. I experienced always been confused by their part and his explanation made sense. Each chapter is 1-1/2 pages so it's an extremely quick read. Starting out the entire year with the goal to be healthier, We noticed dr. Some will disagree with the dietary stuff (as usual) and some of the guidance falls strictly within the "DUH. Five Stars Great read Five Stars sister loves it Easy read, simple adjustments! .. A lot of great suggestions for actually the healthiest folks A BRIEF Guide To AN EXTENDED Life book A very fast and simple read. down to the nitty gritty of info on maintaining good health. Some will disagree with the dietary stuff He only offers you facts predicated on real research, and one more thing I like he does not dig into the scientific details that make your eyes drinking water with bordeom.. Great small book! For example, eating the new peeled carrots is definitely of no value because all the value is certainly in the peelings. That is not a location of life in which I would like to read a reserve how big is War and Peace, which means this brass and tacks reserve seems practical to me. Good book to talk about and pass on to others as well. Living a "long life" is not as important as living a quality life (with at the least icky health issues) and I think this book can help people toward that goal. The brilliance of this book is that it's broken up into two easy-to-follow parts. we're in senior high school again?! Think, smile and change your daily life for the better. sounds like a poor Discovery channel event) "mature man" (I've hardly ever been accused of that; it is quite pleasant to be old and remain immature generally in most ways) "geriatrics" (just what a hideous term! it sounds similar to a plant when compared to a human being! This is more like a checklist of dos and donts without actual surprises. if we must go that route I'd prefer "an eccentric old fart", lol. This book skips all the medical mumbo-jumbo and gets down to the nitty gritty of information on maintaining good

health... After reading many such books, that one is short, simple, easy to read and it functions! The good thing about Dr Agus, is he does not offer you his opinion. Agus on Fox Information discussing his book. Got through the publication rapidly. She read his earlier book so we bought that one. We liked it and learned a great deal about things we thought we knew about healthful living, but he cuts through all of the contradictory statements you hear. My partner adds you don't necessarily need to examine his first book though it goes into greater detail on the studies if that passions you. There might be things you disagree with, but he backs up everything he says with empirical studies, so when you may believe whole heartedly in nutritional vitamin supplements (and a huge industry depends on that) you might be throwing your money away and harming your wellbeing. I think the title makes that obvious, and I must say I enjoyed it. Great small book! Also, the query as to whether to go for fresh foods is also explained differently. that is just common sense" category, but I came across the publication helpful. Also fresh frozen vegetables could be better because vegetables are often picked before ripening and also have more value as ripening. The book calm me regarding my food choices. This was more like a checklist of dos and donts with no real . For instance, the chapter on statins was especially interesting to me.. Book was just ok. Was very simple and could have preferred more details on each subject. It is an instant read and there have been some concepts I hadn't considered and have today implemented. I haven't go through his other books, maybe those were more in depth.) aged bats and geezers (at least those conditions suggest we have a sense of humor although "geezers" is a pretty revolting term;) grey panthers (who the hell wants be called a grey panther? For the few reviewers that complained that it didn't have enough new material, or lacked depth using areas, that doesn't appear to have already been the intent. My buddy and fellow wellness enthusiast, Mike Walter, delivered me A BRIEF Guide To A Long Life and I was very pleased; mostly since it was a small book with small chapters and an illustration on just about any page. Then I was really very pleased when it had been obvious that the content was well-researched and the style of the delivery leaned even more towards an intriguing conversation with somebody smarter than you vs. a boring lecture from an obnoxious know-it-all... – Among the explanations why me and university didn't strike it off too well. Today if they would just retire a few of these stupid terms for older people: "senior citizens" (like what? An easy quick set of ideas that will assist make life less difficult and in long haul make you live much longer. I'm happy to report that I possibly could check off most of the issues on the What To Do side like sleep length and regulation, a constant exercise program and embracing your internal OCD to help keep from getting sick. It ain't easy. I've acquired people make fun of me because I love to be in bed by 10 pm or more by 6am. Such great advice! A great book that is very easy to learn and has much lifesaving advice.. Not really a common elf help preachy publication at all. How to proceed and What to Avoid. There are A LOT of excellent ideas. Great summary of best practices Fantastic reinforcement of guidelines, combined with useful tips I hadn't seen before. Very easy to read, share and interpret. General good buy. I was intrigued and shared that with my wife. Unlike many health, and self-help books, this isn't filled with pages of the writer's own opinions, the latest fad that you'll quickly forget by next year, or in some instances outright quackery as most texts are. I'd recommend it to a pal. Five Stars liked it



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