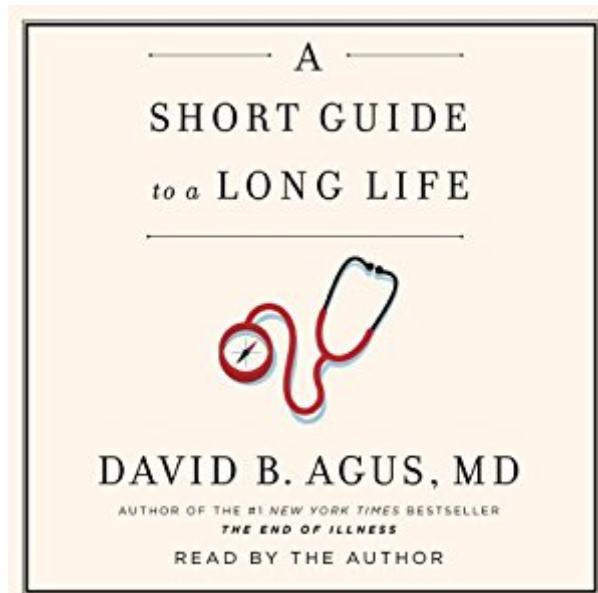


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A Short Guide To A Long Life



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

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Customer Reviews

This book is not only 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 sweet and explains exactly why you need (or don't need) to do something that will better your health and possibly allow you to lead a longer life. For example, the chapter on statins was especially interesting to me. I had always been confused by their role and his explanation made sense. I enjoyed every single chapter - even the ones that didn't pertain to me. This book is something you will want to read once and keep on hand to refer back to over and over again. This book would also make a great gift or stocking stuffer for someone in your life who may have had a few minor health issues or who is feeling that they are getting to be "over the hill".

This book is a great reminder of what is a healthy lifestyle, usually something intuitively known by all of us. And it is not based on fads or the latest research study. This book is a comprehensive review of what is known to most of us, and now proven to be backed up by extensive solid research. (He includes only information proven in solid clearly defined research studies.) What makes this book so good is the reminder and reinforcement of how much influence we can actually have on our own health. In a world of depressing information, where so much seems to be out of our control, this book reminds us we can have a great impact on our own and on our children's lives by living healthy. The author clearly points out simple actions we can do to improve our quality of life. On a negative note, some people reading this book look only at 1% of the information presented and get upset because it does not support their point of view. The first thing I notice on this site are the negative reviews. They seem to be written by one person or a small group trying to discredit the author based on a single issue, genetically modified foods. People many times get so stuck on a single issue they forget there is a whole world of other issues out there and you need to look at the whole. This book is one of the few books out there that can actually have a great positive impact on your life.

For those not "up" on the latest health info for a longer life, this book is a fine reference; however, if you are, there's no need to purchase it. Nothing revolutionary.

I heard Dr. Agus on The Stern show and thought this book would be an excellent gift for my mother. In the interview Dr. Agus went over a number of things from the book and they all seemed so simple to start doing. The information he gives is supported by statistical research, and he suggests to everyone that if there is no data on a particular fad, stay away from it until there is. All very sound

advice. Although I haven't been reading this myself, my mother hasn't stopped since she got it. She has told me a number of times how much she's enjoying reading it. Good purchase!

One of the best compilations, and combinations of well researched and documented findings, combined with quick summaries, easily digested by anyone, and a good primer for exploring each item listed in greater detail. For the few reviewers that complained that it didn't have enough new material, or lacked depth in certain areas, that doesn't appear to have been the intent. The Intent: provide a great summary of well documented findings across a variety of fields. I think the title makes that clear, and I really enjoyed it. Unlike most 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 cases outright quackery as most texts are. This is a collection of methodically researched findings, by 1000s of other scientists and studies, compiled in to an easy to digest, short book, that can be read quickly by anyone. It's like Cliff's Notes for a healthy life. It's a wonderful book.

Excellent book with some great ideas and advice on leading a healthier life. Dr. Agus does a phenomenal job of taking complex medical topics and explaining them to people without a medical background (like me). I highly recommend this book!

This book contains a lot of common sense recommendations to prevent disease and improve health. Its major advantage is that it is a quick read and therefore never gets boring. It should be able to help a lot of readers. On the other hand, the author asks you to take his word for it, because he does not provide the medical evidence for his recommendations. Had he done this, however, it would have defeated the book's purpose - which is to reach a wide audience in concise, non-technical language. Further, the author's goal is not only to inform but to encourage the reader to seek more information tailored to the individual. Finally, it is well known that the state of Americans health is not good. Far too many are overweight or obese, which is a medical time bomb waiting to happen. Since our medical system is primarily geared toward treatment, it is high time to invest in prevention. In this sense, "A Short Guide to a Long Life" should be read by as many people as possible. You can't lose. I take exception to my view above on one issue: long-term medication with so-called baby aspirin and/or statins. This requires more proof, or at least more robust substantiation.

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