
A

SHORT GUIDE
to a LONG LIFE



DAVID B. AGUS, MD

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

A Short Guide To A Long Life

Brian Dyde



A Short Guide To A Long Life:

A Short Guide to a Long Life David B. Agus, Kristin Loberg, 2014-01-07 A fun illustrated book of simple rules everyone should follow in order to live a long healthy life derived from Dr Agus's #1 New York Times bestselling book *The End of Illness*

A Short Guide to a Long Life David B Agus, 2014-01-16 One of the world's leading doctors and the author of the #1 New York Times bestselling book *The End of Illness* Dr David B Agus presents the simple rules everyone should follow in order to live a long healthy and productive life *The Short Guide to a Long Life* is divided into four sections What to Do What to Avoid What to Master 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 Dr Agus's 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

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any art course where writing is involved
and York Archaeological Society,1956

The Engineer ,1917

A Short Guide to Roman York Yorkshire Architectural

Reviewing **A Short Guide To A Long Life**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**A Short Guide To A Long Life**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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A Short Guide To A Long Life Introduction

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