



A Short Guide to a Long Life

By David B. Agus M.D.



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The *New York Times* bestselling book of simple rules everyone should follow in order to live a long, healthy life, featuring illustrations throughout, from the author of *The End of Illness*.

In his international bestseller, *The End of Illness*, Dr. David B. Agus shared what he has learned from his work as a pioneering cancer doctor, revealing the innovative steps he takes to prolong the lives of not only cancer patients, but those who want to enjoy a vigorous, lengthy life. Now Dr. Agus has turned his research into a practical and concise illustrated handbook for everyday living. He believes optimal health begins with our daily routines.

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? What constitutes "healthy" foods? Why is it important to protect your senses? Are airport scanners hazardous? Dr. Agus will help you develop new patterns of personal health care, using inexpensive and widely available tools that are based on the latest and most reliable science.

An accessible and essential handbook for preparing for visits to the doctor and maintaining control of your future, "*A Short Guide to a Long Life* explores the simple idea that a healthy tomorrow starts with good habits today" (*Fortune*).

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Editorial Review

Review

“A *Short Guide to a Long Life* explores the simple idea that a healthy tomorrow starts with good habits today.” (*Fortune*)

“The little volume contains Agus’s starkest, most clear-cut prescriptions yet...in a field rife with caveats, Agus speaks with a ringing clarity.” (*Wired*)

“[Dr. Agus] makes better health feel like an attainable goal.” (*Boston Globe*)

“The beauty of Agus’ book is that it is short, comes straight to the point, and is devoid of arcane medical terms. The other sublime effect is that it was written to ‘prevent’ poor health practices, rather than deal with the costly solutions needed to cure you.” (*Forbes*)

“Little line drawings and a conversational, fatherly tone make this guide light and easy to follow...readers who have already taken Agus as a health guru will love it.” (*Publishers Weekly*)

About the Author

David B. Agus, MD, author of the *New York Times* and international bestsellers *The End of Illness* and *A Short Guide to a Long Life*, is a professor of medicine and engineering at the University of Southern California and heads USC’s Westside Cancer Center and the Center for Applied Molecular Medicine. He is one of the world’s leading physicians and pioneering biomedical researchers, and is a CBS News contributor. He lives in Beverly Hills, California.

Users Review

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Brandy Greenawalt:

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Terrance Allen:

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Saul Robinson:

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