

You Staying Young The Owners Manual For Extending Your Warranty

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~~If you want to make staying young your new hobby, this is your user's manual. About the Authors Michael F. Roizen , M.D., is chief wellness officer at the Cleveland Clinic and author of the RealAge series of books.~~

~~You: Staying Young Free Summary by Michael F. Roizen et al.~~

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~~A professor of surgery at Columbia University, he directs the Complementary Medicine Program at New York's Presbyterian Hospital and performs more than fifty heart operations a year. Dr. Oz has written eight New York Times bestselling books, including Food Can Fix It, YOU: The Owner's Manual, YOU: The Smart Patient, YOU: On a Diet, YOU: Staying Young, and the award-winning Healing from the ...~~

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~~"You: Staying Young" is an fun read. The authors give you easy to understand advice on taking care of your body and why the things they recommend should work. It's a bit long, so it's best read as book to sample a few chapters at a time. The advice appears common sense. ()~~

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