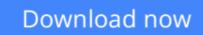
You: Staying Young: The Owner's Manual for Extending Your Warranty

Michael F. Roizen, Mehmet Oz



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From the Authors of the #1 Bestselling YOU: On A Diet and YOU: On a Walk

Wouldn't you like to know how to prevent your body from aging badly? Most of us believe that at age 40 or so, we begin the slow and steady decline of our minds and bodies. According to Dr. Roizen and Dr. Oz, that's a mistake. Aging isn't a decline in our systems. It's actually very purposeful. The very systems and biological processes that age us are designed to help us when we're a little bit younger. Our role is to learn how those systems function so we can reprogram them to work the way they did when we were younger. Your goal should be: die young at any age. That means you live a high quality of life (with everything from working joints to working genitals) until the day you die.

At the core of *YOU: Staying Young* are the Major Agers -- 14 biological processes that control your rate of aging. Doctors Roizen and Oz explain the principles of longevity and many of the causes of aging and how to fight their effects. Also included in a printable PDF file is a 14-day plan to help you integrate important processes into your daily life in order to make staying young routine.

YOU: Staying Young is filled with signature YOU Tools, including YOU tips and memorable metaphors to bring the science alive and help you understand the most fascinating machine ever created: the human body.

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From reader reviews:

Ellen Jones:

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Betsy Aguilar:

As people who live in the modest era should be up-date about what going on or info even knowledge to make these keep up with the era that is always change and advance. Some of you maybe will probably update themselves by reading books. It is a good choice to suit your needs but the problems coming to an individual is you don't know which one you should start with. This You: Staying Young: The Owner's Manual for Extending Your Warranty is our recommendation to make you keep up with the world. Why, because this book serves what you want and need in this era.

Jenny Perez:

Information is provisions for folks to get better life, information these days can get by anyone on everywhere. The information can be a information or any news even a huge concern. What people must be consider whenever those information which is within the former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you receive the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen inside you if you take You: Staying Young: The Owner's Manual for Extending Your Warranty as the daily resource information.

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