



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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Ellen Jones:

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Jenny Perez:

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