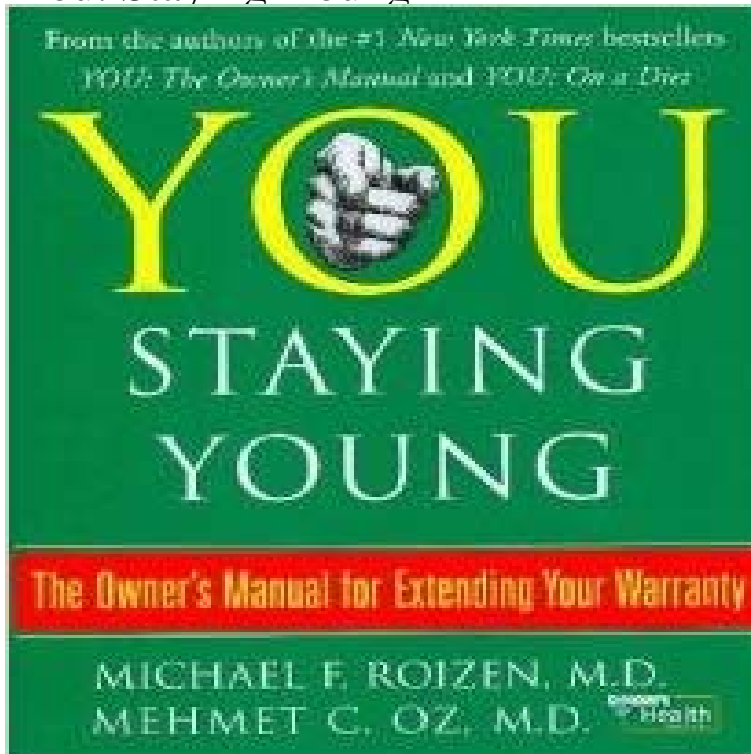


You: Staying Young



Most of us believe that once we reach 40 or so, we begin the slow and steady decline of our minds and bodies. But according to Drs. Roizen and Oz, aging isn't a decline of our systems--the very biological processes that age us are actually designed to help us when we're younger. At the core of the book are the Major Agers, fourteen biological processes that control your aging. The doctors explain how to fight their effects, and provide a 14-day plan to help you along your path to staying young.--From publisher description. Makes recommendations for promoting optimal health and longevity after age thirty, in a reference that likens the aging process to the maintenance of city systems. Title: You Author: Oz, Mehmet, M.D./ Roizen, Michael F., M.D./ Spiker, Ted (CON)/ Wynett, Craig (CON)/ Oz, Lisa (CON)/ Rudberg, Mark A., M.D. (CON)/ Hallgren, Gary (ILT) Publisher: Simon & Schuster Publication Date: 2007/10/30 Number of Pages: 415 Binding Type: HARDCOVER Library of Congress: 2007026480

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