

YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger

An Insider's Guide to the Body That
Will Make You Healthier and Younger

YOU



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MICHAEL F. ROIZEN, M.D.
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Description :

The #1 bestseller that gives YOU complete control over your body and your health. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. YOU The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-

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