



A Short Guide to a Long Life

David B. Agus

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The *New York Times* bestselling book of simple rules everyone should follow in order to live a long, healthy life, featuring illustrations throughout, from the author of *The End of Illness*.

In his international bestseller, *The End of Illness*, Dr. David B. Agus shared what he has learned from his work as a pioneering cancer doctor, revealing the innovative steps he takes to prolong the lives of not only cancer patients, but all those who want to enjoy a vigorous, lengthy life. Now Dr. Agus has turned his research into a practical and concise illustrated handbook for everyday living.

A Short Guide to a Long Life is divided into three sections (What to Do, What to Avoid, and Doctor's Orders) that provide the definitive answers to many common and not-so-common questions: Who should take a baby aspirin daily? Are flu shots safe? What constitutes "healthy" foods? Are airport scanners hazardous? Dr. Agus believes optimal health begins with our daily routines. His book will help you develop new patterns of personal health care, using inexpensive and widely available tools that are based on the latest and most reliable science.

A Short Guide to a Long Life Details

Date : Published January 7th 2014 by Simon Schuster

ISBN : 9781476730950

Author : David B. Agus

Format : Hardcover 208 pages

Genre : Nonfiction, Health, Self Help, Medicine, Science

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From Reader Review A Short Guide to a Long Life for online ebook

Renee Sexton says

Great suggestions and tips to make healthy choices wrapped up in small chapters. Easy read made so easy that you don't want to put it down. Sharing with my 20 year old daughter to help her choices and shorten the learning curve.

Rebecca Waring-Crane says

Yes, I liked it. I pulled the Short Guide from the best seller shelf at the library for both the information and the format. Organizing advice in short chapters really works and I want to use this structure for a book project of my own. While little of the information was new, I appreciate the accessible reminder Agus provides.

You'll know you have the copy I read if page 87 is already folded. I marked it for reference as the one example that made me snort aloud. Agus establishes the credibility of his data with preliminary reference to medical studies and proceeds in a matter-of-fact, common-sense tone. Then comes page 87 in the "Be Positive" chapter.

"There are many ways you can boost your positive outlook. ...All you need is a system that helps you to put even indescribable suffering into a wider context and tap into awareness of yourself." Yes, in a paragraph, that is all you need!

As I work on writing a short book myself, I will remember this passage with fondness. I'm prone to over think and over explain as I write. Thank you Dr. Agus. Your example helps me relax and realize that occasionally, summary statements are all you need.

Ryan Smith says

I liked this book and it was a very quick read, but I didn't think it was anything special. I learned a few things between the covers, but it was generally reminders of things we all know we should be doing anyway. Also, many of the tips were not so relevant to a 22 year old student such as myself; I think it would be much more applicable to a middle aged individual in the "real world" (working a steady job, supporting a family, etc.) I did, however, really like the final section where Dr. Agus lists some important health checks/guidelines for readers based on their current age.

Dana says

Eh...yes, it is a short book. I felt a lot of tips were common sense and were things I already knew, but I guess they were still good reminders (i.e., workout at least 30 minutes a day, eat fruits and vegetables, limit red meats and/or processed meats to three servings per week, get an annual flue shot, etc.). And I was surprised

to read that he thinks there is nothing wrong with GMO foods (uh, what?) and it is a bad idea to take vitamins (because supposedly they can contribute or cause cancer based on studies). Probably the most I got out of the book were some links from his website to helpful apps and other websites. I also took note of his lists in the back of the book (Top 10 lists and what medical stuff to do in each decade of your life).

Ivi says

Wonderfully inspirational! ^_^

Julian Bu says

Useful. Eating the right food, having daily routines, etc.

????? says

Good book for three pillars of life

Sheryl says

Going to follow Sarah L's lead and create a shelf called Just Couldn't Do It. This book wasn't terrible, but I do not believe there are any great revelations in it so I'm done.

Cynthia Egbert says

I saw this on the new books shelf at the library and picked it up and just wrapped it up and ordered my own copy from Amazon because I loved it. I am working on finding my way to health right now and this is a great little manual for me to refer to when I need a shot in the arm. The author is not selling anything save his expertise after years of working as an oncologist. Did you know that the designation "old age" became illegal to use on death certificates in 1951 because we really don't die of old age any longer we now have to name a specific disease, injury, or complication. This was a sobering thought to me. He opens with a quote by the man himself. Hippocrates stated, "A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses. Everything in excess is opposed to nature. To do nothing can also be a good remedy. There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance." And, finally, I loved the way he summed up what is wrong with the health care debate today. "Here's an example to illustrate: aspirin may be touted as a miracle drug, but it's still flawed, given the side effects it can cause, namely bleeding and upset stomach. We should question why the National Institutes of Health doesn't spend large sums on making better aspirin so we can reap its miraculous benefits minus the potential side effects."

David Marshall says

Want to live longer? Move over Dr. Oz; the new doc's in town. After reading this article, I bought this new pint-sized hardcover, *A Short Guide to a Long Life*, by David B. Argus, MD. It can be read in one sitting and I recommend it highly. It provides 65 rules to live by to lengthen your life. Here are five of my favorites:

1. Smile - "the act itself will trigger the release of pain-killing, brain-happy endorphins and serotonin." (check)
2. Cultivate Om in the office (half check)
3. Jack your heart rate up to 50% above your resting baseline for at least 15 minutes a day (half check)
4. Grow a garden. (check)
5. Eat more than 3 servings of cold-water fish a week. (check)

On many of the other 60 rules, I've got some work to do. I wish my company Berrett-Koehler Publishers had published it, but Simon & Schuster gets the nod. It's also a great gift book for loved ones.

Fred Forbes says

A quick, easy, and enjoyable read. Most of it is FGO (firm grasp of the obvious) but a good reminder of what we should be doing even though most of us require a solid injection of will power. I did not find anything earthshaking or that controversial but it was good to see confirmation of things I intuitively felt were a waste of time and money - cleanses, vitamins and supplements, etc. Interesting comment on genetically modified food. The guy who started the whole "anti" movement, Mark Lynas of Britain changed his mind in January 2013 and is now a staunch advocate. Why? In his words, "Well, the answer is fairly simple. I discovered science, and in the process I hope I became a better environmentalist".

Don Gorman says

I was hoping for so much more after I read the introduction to this book. It was so insightful and full of promise. The book itself is almost totally a list of common sense rules on how to live your life. Even a somewhat aware, healthy person knows and understands these things. Implementation and changes in behavior modification are always the challenge. Luckily, for the most part, I do not need to worry about most of them. I loved his last book (the end of illness) but this one is just a weak attempt at promoting himself. 1 1/2 stars would be fair.

B-zee says

Buku yang penting untuk dibaca semua orang.

Asu Daymoon says

It is not for people who already have knowledge about healthy living. The ones really have no clue. Thank you for writing as simple as it is Mr. Agus.

Paul says

This short book attempts to answer some of the most common health questions.

What should I eat? Real food (that does not come with a label). Understand basic bio-vocabulary; know the difference between vitamin and supplement, or define inflammation. Consider getting a dog; it will force you to get some exercise, along with leaving your desk and forgetting about multi-tasking. There seem to be a million different diets available. Find the diet that works for you, and stick with it. Grow a garden (or, at least, a window box). Practice good hygiene. Maintain a healthy weight. Caffeine is OK in sensible amounts. Consider getting a DNA test.

Get in the habit of taking a baby aspirin daily. Be smart about being sick. Maintain good posture and strengthen your core. Adopt a positive attitude. Smile. Try an activity that is out of your comfort zone. Eat at least three servings of cold-water fish per week. Never skip breakfast. It's a good idea to be a little obsessive-compulsive about washing your hands. There is no such thing as doing it too often. There is no shame in asking for help.

The book also includes things that should be avoided. They include: fad diets, detoxes, dangerous sports and risky behavior, sunburns, airport x-ray scanners, insomnia, juicing, smoking and vitamins and supplements (!)

No one is expected to immediately do (or not do) everything in this book. Pick just one thing, incorporate it into your daily life so that it becomes a habit, then pick another. Anyone who cannot find just one health aid here needs more help than this book can provide. For everyone else, this book is short, very easy to understand, and very much worth reading.
