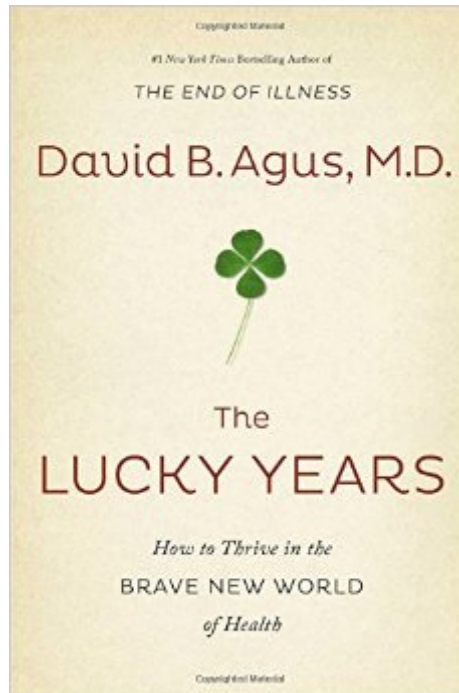


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# The Lucky Years: How To Thrive In The Brave New World Of Health



## Synopsis

Bestselling author David Agus unveils the brave new world of medicine, one in which we can take control of our health like never before and doctors can fine-tune strategies and weapons to prevent illness. In his first bestseller, *The End of Illness*, David Agus revealed how to add vibrant years to your life by knowing the real facts of health. In this book, he builds on that theme by showing why this is the luckiest time yet to be alive, giving you the keys to the new kingdom of wellness. Medicine is undergoing rapid change. In the old world, you followed general principles and doctors treated you based on broad, one-size-fits all solutions. In this new golden age, you<sup>™</sup>ll be able to take full advantage of the latest scientific findings and leverage the power of technology to customize your care. Only those who know how to access and adapt to these breakthroughs<sup>™</sup> without being distracted by hyped ideas and bad medicine<sup>™</sup> will benefit. Imagine being able to get fit and lose weight without dieting, train your immune system to fight cancer, edit your DNA to avoid a certain fate, erase the risk of a heart attack, reverse aging, and know exactly which drugs to take to optimize health with zero side effects. That<sup>™</sup>s the picture of the future that you can enter starting today. Welcome to *The Lucky Years*.

## Book Information

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## Customer Reviews

Dr Agus has proven, once again, his talent at breaking down complex medical issues into an easy-to-understand check-list for your life. Dr Agus' book teaches you that the "data" of your medical history is a blue-print for the future of your health... And, more importantly, that your future

can be a long and healthy journey. When you finish reading this book, you will immediately want to run to your medicine cabinet and flush your vitamins down the toilet, forget about that juice cleanse and, instead, stick to a healthy Mediterranean diet, consider some aspirin for your heart health and wear sneakers to work. Not to mention, Agus' belief in the importance of sleep, yoga, relaxation and exercise. However, all of this great advice aside, Agus' assertion that we should take "control" of our health is an important and welcome message. He urges readers to track their own health, listen to their bodies and to document it all -- both for yourself and others to learn from.... This book might not only improve your health but also that of many generations to come....

This is an interesting book and a nice overview of modern health science and medicine. But its promise to provide useable knowledge about how to extend life and health in "the lucky years" isn't really borne out. It's aspirational and points to coming developments in stem cell treatments and personalized medicine. But those parts of the book are a small fraction of the total. In short, I expected a lot more detailed manual on how personal habits and knowledge combined with recent medical breakthroughs would allow me to reasonably expect to dramatically increase my life span and my quality of life. And this the book doesn't do.

David Agus is both my friend, personal medical advisor and my mentor (it is interesting that at the age of 70, my mentors are all younger than I am). David is a rare combination; a great scientist, caring doctor and articulate educator. While I can totally recommend this book to anyone interested in health, I do want to say that I really dislike the title. But then again, I never like the title of his very successful book "The End of Illness." What David means by the title, as will be made clear in the book, is that we are living in a remarkable time when the whole nature of health will be transformed. We are living in an inflection point as Andy Grove, a mentor that David and I shared, would have said. But never the less, the amount of "luck" probably has a lot to do with your economic/educational status and most importantly your age. The reader will be taken on a journey in the changes that have taken place and, most importantly, will take place, in how we think about health and how we deal with illness and disease. I think the most important message of the book is about personal empowerment. David Agus points out the many things we can do to "change our luck." For instance, taking baby aspirin, statins and most importantly getting off our butts and moving throughout the day will have a profound consequence on health. The book not only lays out the steps we can personally take but the reasons these actions will have a positive benefit. For those like me that are interested in the science and technology of health care, there is a lot to chew on -

from the role of Big Data, to exploring the biome. While Dr. Agus discusses the potential of wearable devices to inform us about the effects of our behavior, he rightly emphasizes the need to be personally in tune with how we feel and let our intuition guide us. I really appreciate that.

Once again Dr Agus doesn't disappoint. This book offers powerful insights into understanding your own health and wellness. His style is reader friendly and offers excellent proven advice that even the best primary care physicians do not address with their patients. I have read his other books multiple times and have followed his recommendations which has lead to me feeling and looking healthy, energetic, and youthful. Thank you Dr Agus!

I am a big fan of Dr. Agus and enjoy his writing. However page after page of this book was statistics and studies that just seemed to blend into each other. I needed more practical guidelines as to how to specifically improve my health and pass the years to best of my ability. On that note it was lacking.

I bought this hoping for an update or additional information on healthy living. That's not really what this book is about. I would say this is more textbook than anything. It talks about studies and the direction and future of medicine, not really anything new about healthy living. if you read "A Short Guide to a Long Life" there is really no new information from this book. The book is fine from an education standpoint, but not a stand alone book about personal health.

While this book will certainly offer you some moments of inspiration, I was disappointing at how often the author uses information in a misleading way. Much of the "lucky" advances he describes are based on very preliminary research that has not yet been proven effective, or in some cases just barely effective (works for 5% of the population, for example). I wanted to be swept away by all the promises made but I have too much background knowledge to be fooled by the many overstated examples.

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