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YOU: STAYING YOUNG

The Owner's Manual to
Looking Good and Feeling Great

#1 NEW YORK TIMES BESTSELLER

You Staying Young The Owners Manual For Looking Good Feeling Great

Jessica J Manson



You Staying Young The Owners Manual For Looking Good Feeling Great:

You: Staying Young Michael F. Roizen, Mehmet Oz, 2007-10-30 The body is the most fascinating machine ever created and nobody talks about it in ways that are as illuminating and compelling as Dr Michael Roizen and Dr Mehmet Oz Most people think of the aging of our bodies the same way we think of the aging of our cars the older we get the more inevitable it is that we re going to break down Most of us believe that at age 40 or so we begin the slow and steady decline of our minds our eyes our ears our joints our arteries our libido and every other system that affects the quality of life and how long we live it But 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 So what s our role as part of the aging population To learn how those systems work 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 this landmark book are the Major Agers 14 biological processes that control your rate of aging Some you ve heard of some you haven t and some you never knew contributed to the aging process Some speed decline others inhibit your repair mechanisms These Major Agers are everything from short telomeres and inefficient mitochondria to stem cells and wacky hormones The doctors explain the principles of longevity and many of the causes of aging and how to fight the effects The climax of the book is a 14 day plan to help you along your path to staying young The doctors want you to be able to integrate important processes into your daily life in order to make staying young routine but first you ll need to measure your real age and health right now Staying young encompasses your emotions and mental health as well as your exercise habits eating habits personal hygiene and genes among other things Wouldn t you like to know how to prevent your body from aging badly The original YOU book showed how bodies work in general and YOU On a Diet explained how bodies lose weight and stay fit Now in YOU Staying Young Drs Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor the modern city What differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out Despite genetic differences which are like the geography upon which the city is built cities age differently because of the way residents treat their education system stem cells power plants mitochondria electrical grids brains transportation routes blood vessels and landfills fat You as mayor resident and street cleaner have the power to balance your biological budget to ensure a life that s both long and strong Thankfully just as cities can invest in renewal and improving their repair processes so can you YOU Staying Young is filled with signature YOU Tools including YOU Tests YOU Tips and visual and verbal metaphors to bring the science to life

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Table of Contents You Staying Young The Owners Manual For Looking Good Feeling Great

1. Understanding the eBook You Staying Young The Owners Manual For Looking Good Feeling Great
 - The Rise of Digital Reading You Staying Young The Owners Manual For Looking Good Feeling Great
 - Advantages of eBooks Over Traditional Books
2. Identifying You Staying Young The Owners Manual For Looking Good Feeling Great
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an You Staying Young The Owners Manual For Looking Good Feeling Great
 - User-Friendly Interface

4. Exploring eBook Recommendations from You Staying Young The Owners Manual For Looking Good Feeling Great
 - Personalized Recommendations
 - You Staying Young The Owners Manual For Looking Good Feeling Great User Reviews and Ratings
 - You Staying Young The Owners Manual For Looking Good Feeling Great and Bestseller Lists
5. Accessing You Staying Young The Owners Manual For Looking Good Feeling Great Free and Paid eBooks
 - You Staying Young The Owners Manual For Looking Good Feeling Great Public Domain eBooks
 - You Staying Young The Owners Manual For Looking Good Feeling Great eBook Subscription Services
 - You Staying Young The Owners Manual For Looking Good Feeling Great Budget-Friendly Options
6. Navigating You Staying Young The Owners Manual For Looking Good Feeling Great eBook Formats
 - ePub, PDF, MOBI, and More
 - You Staying Young The Owners Manual For Looking Good Feeling Great Compatibility with Devices
 - You Staying Young The Owners Manual For Looking Good Feeling Great Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of You Staying Young The Owners Manual For Looking Good Feeling Great
 - Highlighting and Note-Taking You Staying Young The Owners Manual For Looking Good Feeling Great
 - Interactive Elements You Staying Young The Owners Manual For Looking Good Feeling Great
8. Staying Engaged with You Staying Young The Owners Manual For Looking Good Feeling Great
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers You Staying Young The Owners Manual For Looking Good Feeling Great
9. Balancing eBooks and Physical Books You Staying Young The Owners Manual For Looking Good Feeling Great
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection You Staying Young The Owners Manual For Looking Good Feeling Great
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine You Staying Young The Owners Manual For Looking Good Feeling Great
 - Setting Reading Goals You Staying Young The Owners Manual For Looking Good Feeling Great
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of You Staying Young The Owners Manual For Looking Good Feeling Great
 - Fact-Checking eBook Content of You Staying Young The Owners Manual For Looking Good Feeling Great
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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