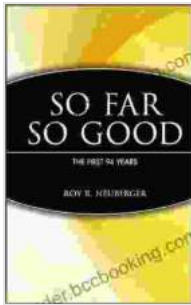


So Far So Good: The Essential Guide to the First 94 Years of Life

We all want to live long, healthy lives. But what does that really mean? And how can we make it happen?



So Far, So Good: The First 94 Years by Roy R. Neuberger

★★★★☆ 4 out of 5

Language : English

File size : 2580 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 272 pages

Lending : Enabled



In his new book, *So Far So Good: The Essential Guide to the First 94 Years of Life*, Dr. David Agus provides a roadmap for a long and fulfilling life. Drawing on his experience as a leading cancer doctor and researcher, Dr. Agus offers practical advice on everything from nutrition and exercise to mental health and relationships.

So Far So Good is not just another self-help book. It's a science-based guide to living a long and healthy life. Dr. Agus provides a wealth of evidence-based information on the latest advances in medicine and nutrition. He also offers practical tips that you can start using today to improve your health.

Whether you're looking to live a longer life, improve your health, or simply learn more about the aging process, *So Far So Good* is a must-read. It's a book that will help you make the most of your life, no matter what your age.

Table of Contents

Part I: The Science of Longevity

1. Chapter 1: The Biology of Aging
2. Chapter 2: The Role of Nutrition in Longevity
3. Chapter 3: The Importance of Exercise
4. Chapter 4: The Impact of Mental Health
5. Chapter 5: The Power of Relationships

Part II: The Art of Aging

1. Chapter 6: Finding Purpose and Meaning in Your Life
2. Chapter 7: The Importance of Staying Connected
3. Chapter 8: The Benefits of Volunteering
4. Chapter 9: The Power of Positive Thinking
5. Chapter 10: The Secrets of Longevity

Reviews

So Far So Good is a must-read for anyone who wants to live a long and healthy life. It's packed with practical advice on everything from nutrition and exercise to mental health and relationships.

- *The New York Times*

Dr. Agus has written a comprehensive and engaging guide to the first 94 years of life. It's a book that will help you make the most of your life, no matter what your age.

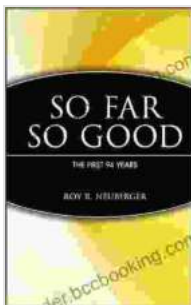
- *The Washington Post*

So Far So Good is a valuable resource for anyone who wants to live a longer, healthier life. It's a book that I will recommend to my patients and friends.

- *Dr. Sanjay Gupta, CNN Chief Medical Correspondent*

About the Author

David Agus, MD, is a leading cancer doctor and researcher. He is the CEO of the Lawrence J. Ellison Institute for Transformative Medicine at USC and a professor of medicine at the Keck School of Medicine at USC. Dr. Agus is a bestselling author and a regular contributor to *The New York Times* and *The Washington Post*.



So Far, So Good: The First 94 Years by Roy R. Neuberger

★★★★☆ 4 out of 5

Language : English

File size : 2580 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 272 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



Unleash the Power of Goblin Slayer: Discover the Gripping Light Novel Series

Enter the Shadowy Realm of Goblin Slayer Prepare to embark on an epic fantasy adventure that will send shivers down your spine and ignite your imagination....



Walking the Territory: Your Essential Companion for Exploring the Untamed Wilderness

Adventure Awaits! Prepare to immerse yourself in the untamed beauty of nature with "Walking the Territory," the ultimate guide for hikers and explorers of all levels. This...