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AN INVALUABLE GUIDE TO NAVIGATING  
THE NEW REVOLUTION IN HEALTH CARE

## ***THE LUCKY YEARS:***

***How to Thrive in the Brave New World of Health***

**By David B. Agus, MD**

Bestselling author of *The End of Illness* and *A Short Guide to a Long Life*

“*The Lucky Years* gives us a smart, informed, and sensible look at the latest medical breakthroughs and new technologies, tackling tough questions while showing us how to prolong the quality and length of our lives.”

—Walter Isaacson, author of *Steve Jobs* and *The Innovators*

“Dr. Agus offers an optimistic exploration of the opportunities available to us as exciting new technologies revolutionize our understanding and practice of health care. Encouraging, but also clear-eyed and cautionary, *The Lucky Years* inspires us to take hold of the future of our own health—and, in turn, that of the planet.”

—Al Gore, forty-fifth vice president of the United States and Nobel Laureate in Peace, 2007

“Practical health information fortified with exciting news from the forefront of modern medical technology...readers interested in breakthrough clinical developments will find Agus’s explorations of gene therapy, immunotherapy, and revolutionary stem cell research highly informative.”

—*Kirkus Reviews*

“Chances are you stand to live a much longer, more enjoyable life than you ever thought possible,” writes David B. Agus, MD, in his new book ***THE LUCKY YEARS: How to Thrive in the Brave New World of Health*** (January 5, 2016/\$27.00 hardcover). The startling developments in medical technologies, personalized medicine, and new means of prevention that are happening *right now* will allow us to take control of our own health as never before, and will forever change our approach to health care. “For the first time, we have at our disposal all the information we need to design our own health—and, in turn, the health of the planet” he says. “Put simply, people living in the twenty-first century are the most fortunate of all previous generations. That’s why these are the Lucky Years.”

But as Dr. Agus points out, there is a catch to benefiting from this new era: Only those who know how to access and adapt to these breakthroughs—without being distracted by hyped ideas and bad medicine—will reap the rewards of the Lucky Years. The ongoing explosion of medical information has far outstripped our ability to process it. “I’m worried that many people won’t benefit from this medical revolution unless they have a certain knowledge base and the tools to take action,” Agus says. The extraordinary benefits of the Lucky Years, he notes, “are the privilege of the prepared and the knowledgeable.”

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In ***THE LUCKY YEARS***, Dr. Agus offers a practical, actionable guide that will enable you to take advantage of these amazing developments and discoveries, and many more that will follow in the coming years. Once you know how to adapt to this emerging brave new world of medicine, you'll be able to:

- Edit your DNA to increase a healthy lifespan
- Use simple technologies to avoid or control chronic ailments like pain, depression, high blood pressure, and diabetes
- Prolong fertility and have children in your forties
- Lose weight effortlessly without a trendy diet
- Reverse aging to look, feel, and physically be ten years younger
- Turn cancer into a manageable condition you can live with indefinitely
- Detect signs of cognitive impairment decades before symptoms develop so you can intervene today
- Keep track of your body's health status without invasive testing

“Only those who learn how to think, act, and behave certain ways will reap the benefits of the tremendous opportunities afforded to us through the power of these medical revolutions,” Dr. Agus says. With ***THE LUCKY YEARS*** as your guide, you'll be prepared to enjoy all that the Lucky Years have to offer.

#### About the author

**David B. Agus**, author of the *New York Times* and international bestsellers *The End of Illness* and *A Short Guide to a Long Life*, is a professor of medicine and engineering at the University of Southern California and heads USC's Westside Cancer Center and the Center for Applied Molecular Medicine. He is one of the world's leading physicians and pioneering biomedical researchers, and is a CBS News contributor. He lives in Beverly Hills, California.

#### About the book

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