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**From the author of the #1 bestseller *The End of Illness*:  
Simple rules for everyday life to ensure health and longevity**

# ***A SHORT GUIDE TO A LONG LIFE***

## **By David B. Agus, MD**

“The best way to fight not just cancer but all the other ailments that typically develop over time is to prevent them...I’m pretty certain that most people would delay or totally prevent a vast majority of the illnesses we see today—including not only cancer but heart and kidney disease, stroke, obesity, diabetes, autoimmune disorders, and dementia and other neurodegenerative disorders—if they just adopt a few healthy habits early on and avoid the ones that lead to illness.”

--David B. Agus, MD, writing in  
***A SHORT GUIDE TO A LONG LIFE***

Dr. David Agus touched a nerve with the publication of his #1 *New York Times* bestseller *The End of Illness* in 2012. In the book Agus shared what he had learned as one of today’s most prominent cancer doctors and researchers about how to prolong not only the lives of his patients but anyone hoping to live long and robustly. His surprising views on statins, nutritional supplements, emerging medical technology and other topics sparked debate and got him labeled *controversial*. “I think I’m the absolute opposite,” Agus says. “I won’t endorse anything that’s not backed by well-controlled clinical trials—studies that live up to the rigors of the scientific method.” Agus doesn’t concern himself with whether a health choice is considered mainstream or aggressive—for him, it’s all about the data.

In his new book, ***A SHORT GUIDE TO A LONG LIFE*** (January 7, 2014/\$17.95 hardcover), Dr. Agus distills the prescriptive wisdom of *The End of Illness* into a practical and fun illustrated health guide that offers sixty-five simple rules everyone should follow in order to live a vibrant, productive life. Dr. Agus believes that our foundation for optimal health begins with the daily habits we keep—and that we can build upon that bedrock with inexpensive, widely accessible drugs that have been proven to work while ditching false promises, such as the need to take multivitamins and other supplements.

***A SHORT GUIDE TO A LONG LIFE*** is divided into three sections:

**What to Do**, a clear set of things you can do that will help you take charge of your personal health, such as:

- Get Your Annual Flu Shot, Even If You “Never Get Sick” and “Have Never Gotten the Flu”
- Take a Baby Aspirin
- Inquire About Statins If You’re Over the Hill
- Start a Sensible Caffeine Habit

-more-

**What to Avoid**, rules for the things to stay away from that can harm your health, such as:

- Vitamins and Supplements
- Juicing
- Detoxes
- Airport Backscatter X-ray Scanners

**Doctor's Orders**, a plan based on what decade you're in (twenties, thirties, forties, and so on) that provides a bulleted list of agenda items you should tend to at each particular age.

The book concludes with a series of helpful lists such as "Top 10 Actions to Reduce Your Risk for Illness," "Popular Weight Loss Myths," and "Top 10 Things to Do During Cold Season."

Dr. Agus's concise rules in *A SHORT GUIDE TO A LONG LIFE* will help you develop new, effective patterns of personal health care so you can maintain your health using the latest and most reliable science. Some of his recommendations are likely to revive the old controversies. "I actually don't mind stirring up controversy and inspiring people to ask questions," Agus says. "Part of my motivation in writing this book is to make you—the health care consumer—an agent of change, starting with yourself."

#### About the author

David B. Agus, MD, is one of the world's leading cancer doctors and researchers. He 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. Dr. Agus is also a CBS News contributor. He lives in Beverly Hills, California. For more information visit [www.DavidAgus.com](http://www.DavidAgus.com).

#### About the book

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