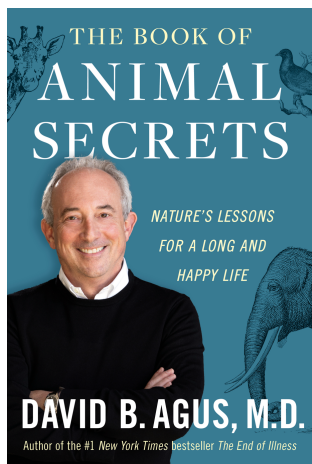


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WHAT OUR FELLOW CREATURES CAN TEACH US ABOUT LIVING LONGER, HEALTHIER LIVES



THE BOOK OF ANIMAL SECRETS:

Nature's Lessons for a Long and Happy Life

By David B. Agus, MD

Author of the #1 *New York Times* Bestseller *The End of Illness*

"The book gives us something we can all be optimistic about—the remarkable extent to which our well-being is in our hands, and how even the smallest lifestyle changes can have a huge impact on our health and quality of life."

—Arianna Huffington, LinkedIn

"Highly readable....Illuminating, practical strategies for living a healthy, productive life." —*Kirkus Reviews*

David B. Agus, MD, the #1 *New York Times* bestselling author of *The End of Illness*, returns with an ingenious guide to what our fellow animals know about living longer, healthier, and happier lives: ***THE BOOK OF ANIMAL SECRETS*** (December 5th, 2023/\$29.99 hardcover)

As Agus shows, Mother Nature has a lot to teach us, if only we open our eyes. Head-bobbing pigeons offer creative strategies for preserving our memories and warding off dementia, while bold squirrels and pigs harbor secrets for managing chronic pain. Rhinoceroses demonstrate the subtle power of our environments—and how to exercise better—while chimps have surprising parenting tips, not to mention great diet advice. Studying elephants has unlocked insights into preventing cancer, and we can look to giraffes for solutions to cardiovascular issues. Ants reveal the unusual benefits of collaboration and altruism, dogs are masterful mentors in living the good life, and prairie voles hold clues to connection. Even fish show us how to perfect our posture, termites tell us how to defy aging, and hitchhikers from our evolutionary past may even bring us to the edge of immortality.

THE BOOK OF ANIMAL SECRETS is underpinned with solid research and data, and each chapter includes a "Creature Cheat Sheet" to show how we can incorporate the animals' adaptations and techniques into our own lives. Teeming with lively storytelling and astonishing practical takeaways, this revelatory guide will have you rethinking what's possible for your health and wellbeing, now and for years to come. Let your rewilding begin.

About the author

David B. Agus, MD, is the author of the international sensations *The End of Illness*, *A Short Guide to a Long Life*, and *The Lucky Years*. A professor of medicine and engineering at the University of Southern California, he is the founding Director and CEO of the Ellison Institute of Technology and a contributor to CBS News. He lives in Santa Monica, California.

About the book

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