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If you want to make staying young your new hobby, this is your user's manual. About the Authors Michael F. Roizen , M.D., is chief wellness officer at the Cleveland Clinic and author of the RealAge series of books.

~~You: Staying Young Free Summary by Michael F. Roizen et al.~~

You: Staying Young: The Owner's Manual for Extending Your Warranty. Hardcover – Oct. 30 2007. by Michael F. Roizen (Author), Mehmet Oz (Author) 4.2 out of 5 stars 230 ratings. Book 4 of 10 in the Doctor Oz's You Book Series. See all formats and editions.

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A professor of surgery at Columbia University, he directs the Complementary Medicine Program at New York—Presbyterian Hospital and performs more than fifty heart operations a year. Dr. Oz has written eight New York Times bestselling books, including Food Can Fix It, YOU: The Owner's Manual, YOU: The Smart Patient, YOU: On a Diet, YOU: Staying Young, and the award-winning Healing from the ...

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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.

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"You: Staying Young" is an fun read. The authors give you easy to understand advice on taking care of your body and why the things they recommend should work. It's a bit long, so it's best read as book to sample a few chapters at a time. The advice appears common sense. ()

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Photojournalist Scott Cohen spotlights Mariss Martinez-Thiele and her Advanced Skin Medspa in Newburgh.

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