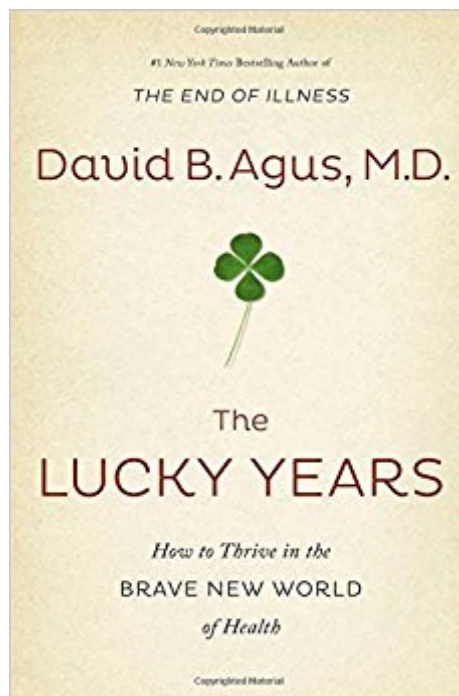


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# The Lucky Years: How To Thrive In The Brave New World Of Health



## Synopsis

Bestselling author David Agus unveils the brave new world of medicine, one in which we can take control of our health like never before and doctors can fine-tune strategies and weapons to prevent illness. In his first bestseller, *The End of Illness*, David Agus revealed how to add vibrant years to your life by knowing the real facts of health. In this book, he builds on that theme by showing why this is the luckiest time yet to be alive, giving you the keys to the new kingdom of wellness. Medicine is undergoing rapid change. In the old world, you followed general principles and doctors treated you based on broad, one-size-fits all solutions. In this new golden age, you will be able to take full advantage of the latest scientific findings and leverage the power of technology to customize your care. Only those who know how to access and adapt to these breakthroughs without being distracted by hyped ideas and bad medicine will benefit. Imagine being able to get fit and lose weight without dieting, train your immune system to fight cancer, edit your DNA to avoid a certain fate, erase the risk of a heart attack, reverse aging, and know exactly which drugs to take to optimize health with zero side effects. That's the picture of the future that you can enter starting today. Welcome to *The Lucky Years*.

## Book Information

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## Customer Reviews

"If you buy just one health book this year, then get *The Lucky Years*. In this important book, David Agus—one of the most inspiring, practical, and knowledgeable people I know—shows us how to participate in the world of personalized medicine. It's easier than you think, if you

have this book to guide you." **Howard Stern**, host of The Howard Stern Show "Dr. Agus has done it again. The Lucky Years gives us a smart, informed, and sensible look at the latest medical breakthroughs and new technologies. Important and courageous, it tackles tough questions while showing us how to prolong the quality and length of our lives." **Walter Isaacson**, author of Steve Jobs and The Innovators "We all have a vague sense that there is a revolution underway in the world of biology and medicine. We hear about major innovations like the sequencing of the genome, targeted drugs, and big data. But what to make of them? How will they improve our health and change our lives? We could not have a better guide to make sense of it all than David Agus. In this fascinating and illuminating book, David brings together a deep knowledge of science, good writing, and common sense. We are lucky to have him around."

**Fareed Zakaria**, host of Fareed Zakaria GPS "The Lucky Years is an important and courageous book, raising big questions about health, longevity and what it means to live a meaningful life. With a reverence for data and the latest science, Dr. Agus gives us his vision for a bright future of health, helping everybody understand how to navigate their options in the way that's best for them and their loved ones."

**Arianna Huffington**, Editor-in-Chief of The Huffington Post and author of Thrive "Dr. Agus offers an optimistic exploration of the new opportunities becoming available to us as exciting new technologies disrupt and 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**, 45th Vice President of the United States, Nobel Laureate in Peace, 2007 "Dr. David Agus describes how a series of scientific breakthroughs enables everyone to lengthen and improve their lives a future in which our body's natural mechanisms can be enlisted to fight disease and our genes can be edited to eliminate inherited disease. It is an inspiring vision that we can embrace today."

**Larry Ellison**, Cofounder and Executive Chairman, Oracle Corporation "The Lucky Years is a steady dose of actionable knowledge about the one thing relatable to everyone: life. It's the doctor-patient relationship we all want and deserve. Dr. Agus is a trusted voice in a field of uncertainty."

**Ashton Kutcher** "It sometimes takes a genius to know the difference between what's good and bad for us amid all the noise in health circles. Thanks, David Agus, for being that genius and writing The Lucky Years to guide us."

**Michael Dell**, Founder, Chairman, and Chief Executive Officer of Dell, Inc. "Everyone living today should read The Lucky Years to receive the enduring gift of Dr. David Agus's wisdom. It will inspire you on a journey towards a life that is both more healthful and meaningful, and provide

practical guidance for the path ahead. Dr. David Agus will show you what it truly means to live a healthy life in the lucky years.

•Dov Seidman, author of *How: Why How We Do Anything Means Everything*"In *The Lucky Years*, David Agus, one of the most interesting medical writers of our age, presents a provocative, highly informative way of understanding revolutions in health and healthcare today that will change the quality of our lives."

•Murray Gell-Mann, PhD, Nobel Laureate in Physics, 1969, and Distinguished Fellow and Cofounder of The Santa Fe Institute"In *The Lucky Years*, David Agus once again gives us a clear path to better health. We are lucky to have such an incredible guide to such a critical subject."

•Marc Benioff, Chairman and CEO, salesforce.com"[Dr. Agus] takes a hard look at the latest medical findings to show simple tips to living longer."

•New York Post"If you have made a new year's resolution to get healthier, you'll find a buddy in David B. Agus's new book, *The Lucky Years*."

•Boston Globe"What is strongest here is Agus's deft marshaling of research old and new, and his common-sense guidance on preventives such as sleep hygiene and the optimal level of exercise."

•Naure Magazine"In previous volumes, Agus offered useful, accessible health tips for attaining prime physical health. Here, he expands on that platform by addressing readers from a futuristic vantage point and insightfully discusses how recent technological trends have the ability to boost both the medical industry's ability to effectively treat patients and its public perception, something that has incrementally declined through the last decade. . . . Readers interested in breakthrough clinical developments will find Agus's explorations of gene therapy, immunotherapy, and revolutionary stem cell research highly informative. . . . Practical health information fortified with exciting news from the forefront of modern medical technology."

•Kirkus Reviews"Anyone who is depressed about the state of health care needs to read this book. This book will inspire all to live a more healthful and meaningful life!"

•AANS Neurosurgeon

David B. Agus, MD, 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.

i am a physician and i find dr agus's books informative and easy to read. he applies the concepts of research to actual day to day living. I'm a huge fan. I refer to his book multiple times a day when

speaking with patients in my practice and I also try to follow his advice personally. Great book.

David Agus is both my friend, personal medical advisor and my mentor (it is interesting that at the age of 70, my mentors are all younger than I am). David is a rare combination; a great scientist, caring doctor and articulate educator. While I can totally recommend this book to anyone interested in health, I do want to say that I really dislike the title. But then again, I never like the title of his very successful book "The End of Illness." What David means by the title, as will be made clear in the book, is that we are living in a remarkable time when the whole nature of health will be transformed. We are living in an inflection point as Andy Grove, a mentor that David and I shared, would have said. But never the less, the amount of "luck" probably has a lot to do with your economic/educational status and most importantly your age. The reader will be taken on a journey in the changes that have taken place and, most importantly, will take place, in how we think about health and how we deal with illness and disease. I think the most important message of the book is about personal empowerment. David Agus points out the many things we can do to "change our luck." For instance, taking baby aspirin, statins and most importantly getting off our butts and moving throughout the day will have a profound consequence on health. The book not only lays out the steps we can personally take but the reasons these actions will have a positive benefit. For those like me that are interested in the science and technology of health care, there is a lot to chew on - from the role of Big Data, to exploring the biome. While Dr. Agus discusses the potential of wearable devices to inform us about the effects of our behavior, he rightly emphasizes the need to be personally in tune with how we feel and let our intuition guide us. I really appreciate that.

Once again Dr Agus doesn't disappoint. This book offers powerful insights into understanding your own health and wellness. His style is reader friendly and offers excellent proven advice that even the best primary care physicians do not address with their patients. I have read his other books multiple times and have followed his recommendations which has lead to me feeling and looking healthy, energetic, and youthful. Thank you Dr Agus!

Dr Agus has proven, once again, his talent at breaking down complex medical issues into an easy-to-understand check-list for your life. Dr Agus' book teaches you that the "data" of your medical history is a blue-print for the future of your health... And, more importantly, that your future

can be a long and healthy journey. When you finish reading this book, you will immediately want to run to your medicine cabinet and flush your vitamins down the toilet, forget about that juice cleanse and, instead, stick to a healthy Mediterranean diet, consider some aspirin for your heart health and wear sneakers to work. Not to mention, Agus' belief in the importance of sleep, yoga, relaxation and exercise. However, all of this great advice aside, Agus' assertion that we should take "control" of our health is an important and welcome message. He urges readers to track their own health, listen to their bodies and to document it all -- both for yourself and others to learn from.... This book might not only improve your health but also that of many generations to come....

I bought this hoping for an update or additional information on healthy living. That's not really what this book is about. I would say this is more textbook than anything. It talks about studies and the direction and future of medicine, not really anything new about healthy living. If you read "A Short Guide to a Long Life" there is really no new information from this book. The book is fine from an education standpoint, but not a stand alone book about personal health.

Book starts off really well - and references a number of recent findings that are relevant. References are well documented etc. However, it gets quite preachy and unfocused towards the end. Might have been better for the author to end on a more practical note than "know thyself".

Dr Agus shares with us scientific discoveries relative to aging, causation of cancer and heart disease among other maladies which affect us as we grow older. The emphasis is on prevention and what can be accomplished with exercise, proper sleep, and diet to mention a few. One can be assured that the information is based on rigorous carefully controlled studies. This is an important book for those in mid life and beyond .

I am a big fan of Dr. Agus and enjoy his writing. However page after page of this book was statistics and studies that just seemed to blend into each other. I needed more practical guidelines as to how to specifically improve my health and pass the years to best of my ability. On that note it was lacking.

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