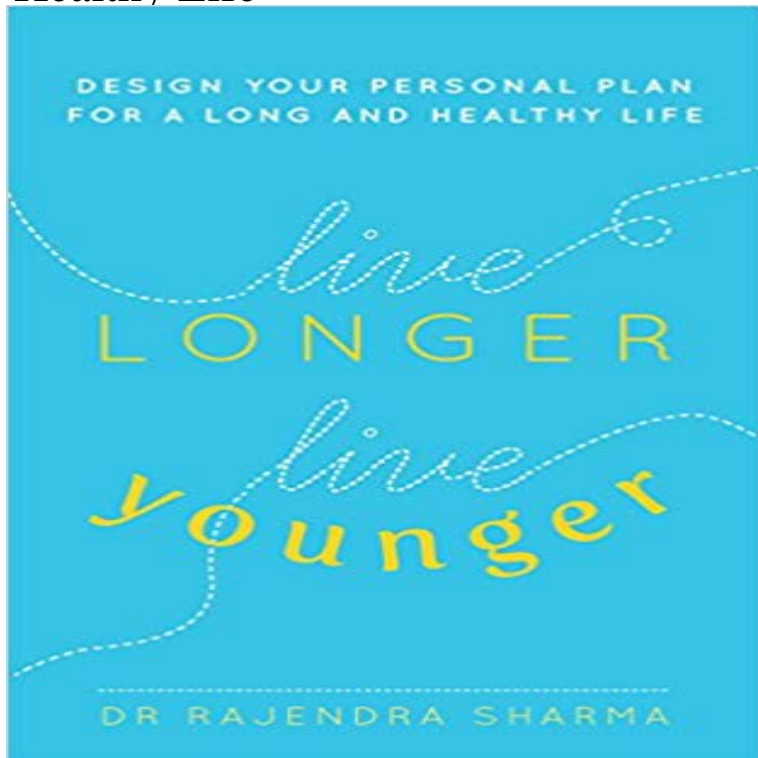


# Live Longer, Live Younger: Design Your Personal Plan for a Long and Healthy Life



Known in the music industry as the Rock Doc for his work prescribing optimum health tips to such legendary musicians as Tina Turner and Spice Girl Melanie C, Dr. Sharma has in recent years turned his attention to anti-aging. In his new book he has compiled over twenty-five years of research and clinical experience into a comprehensive and affordable volume. Sharma believes that the key to slowing the aging process is to first understand which of your body systems is showing the most wear and tear, or is most likely to break down based on your past, your family history and, when needed, medical tests and diagnostics. After filling out a simple questionnaire, you will be guided through an array of scientifically up-to-date tips that are nothing less than encyclopedic in scope. From the Trade Paperback edition.

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