



The Lucky Years: How to Thrive in the Brave New World of Health

David B. Agus

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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'll 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*.

The Lucky Years: How to Thrive in the Brave New World of Health Details

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From Reader Review The Lucky Years: How to Thrive in the Brave New World of Health for online ebook

Marie says

Everything in moderation. Seek multiple references.
It is the same advice my parents always gave me.

Peter O'Kelly says

Likely already a bit dated (published Jan. 5th, 2016), but still a good and wide-ranging health reality check.

I decided to explore the book after running across a reference to a new company the author has started with Larry Ellison:

<https://techcrunch.com/2018/03/19/bil...>

Sheila says

I have always admired Dr. David Agus for his simple yet informative messages about the confusing fields of health and medicine. I picked up his latest book as soon as I heard its publication. Based on the commercials, I was hopeful for its insight on personalized medicine and other major breakthroughs to help us thrive in the new world of health. I was disappointed to find out that this book is more like a long research paper about statistics and studies, without anything concrete that can be applied today. The new cell phone apps and "big data" promises fell short on the deliverables of lucky years ahead. His other books are better.

Sharon says

If you want to read about research or studies into this or that area of health, or read about how things should be in medical care, you may want to read this book. But if you want to know the secret to thriving in this brave new world of health, eat right, get enough sleep, and exercise. There, I've spoiled the punch line of this book.

Martina says

Reading this book reminded me of the adage "if all you have is a hammer, everything looks like a nail." The author is an expert on applied molecular medicine, and (somewhat predictably) sees the solutions to most of today's health woes in molecular biology-derived tests, medications and prevention. I was very disappointed, since I hoped for a more comprehensive approach, including discussion of environmental factors, prevention through nutrition, and insights into the efficacy (or lack thereof) of testing. I also was not particularly encouraged by Dr. Agus' tunnel vision-predictions of better health through applied molecular medicine.

Antonette says

I had high hopes for this book after seeing Dr. Agus on the Today Show. However, it is not reader friendly and is filled with too many statistics and data. I wanted to like it and get something from it since many in my family had or have cancer. I knew I may have trouble listening to his advice after I read two things: He feels health insurance is not a right which I completely disagree with and his statements that taking Omega supplements don't do anything. I will stick with Dr. Weil's and Dr. Hyman's advice, thank you.

John says

We'll be ready for an education from one of the nations top oncologists. Some chapters go into a very deep explanation of DNA and mitochondria. But some chapters give some great health tips. I thought it had a great balance. For the average reader it might go a little deeper than one needs.

Sojourner says

The Lucky Years: How to Thrive in the Brave New World of Health by David B. Agus M.D. is more or less an assessment and consideration of the latest developments made in the field of general medicine in recent years. The book is a progression of the author's point of view from his earlier bestsellers "The End of Illness" and "A Short Guide to a Long Life." According to David B. Agus, the secrets to your health and longevity are hiding within you.

"Today when you go to the doctor for a wellness checkup, you make an appointment far in advance and then visit the doctor's office to get your data collected, including blood pressure, weight, and other routine lab tests.... A future doctor's visit, on the other hand, will be all about putting the data collected into context so you can know what's best for you. You won't go there to collect data. Instead, you will go in with your data. Some examples that I foresee: A week prior to your appointment, you will mail a biochip to your doctor's office that contains a drop of blood from a finger prick that can be analyzed. Your smartphone and other portable devices, some of which will be wearable like watches or bracelets, will be equipped with all sorts of technologies to measure various features about your health."

This book may have some good points, but other experts will easily point out that the book misses the mark by a wide margin on many levels. However, the ideas are quite innovative, especially the two-week challenge. We are certainly living in the "lucky years" as science and medicine has made rapid advancement, but the author cautioned that it is a "privilege of the prepared and the knowledgeable." Provocative and challenging, The Lucky Years: How to Thrive in the Brave New World of Health by David B. Agus M.D. is a must read if you are conscious about your health and want to be fortified with knowledge.

Drtaxsacto says

David Agus is a USC professor and a doctor who treats cancer. This short book is worth the read on at least

three counts. First, he gives you an idea about what is coming in the "health" century - innovations that will amaze most of us and will help extend not only our years but our quality years. Second, he explains that in order to best be prepared to benefit, we need to take responsibility for our health decisions. He even includes a handy two week guide to help make you become more aware of your own health. At the same time he gives us a peek into bio-metrics that are here now and could come very soon - the data about yourself and your health that can make you and your doctor better able to treat problems and prevent others. He does a fairly long discussion of the benefits of baby aspirin and statins - both of which can reduce potential threats of heart and cancer problems. He has some very good ideas about how to prepare for a discussion with your doctor. Finally, he takes a well deserved shot at the health faddists and the fakers who are quick to point out that this or that therapy or tonic might do all sorts of wonderful things for you.

Harry Vinh says

Like a typical personal health care book, the book offers useful tips, especially for white-collar workers nowadays such as:

- Sleep for 7 hours a night constantly.
- Sex and cuddling are important.
- Gluten-free is a myth.
- Etc.

Worth a read tho! :)

Lynn says

This book was recommended by a friend and colleague just after I was diagnosed with lung cancer last week. Lots of interesting, relevant content, written in an approachable style. It dovetails really closely with another friend recommendation I'm reading called "Why we Sleep."

Rob Thompson says

About the book: The Lucky Years is your guide to understanding the cutting-edge developments in medical science which are addressing society's most pressing health problems. While advances in genetics may seem to be the key to curing cancer, infertility and aging. This book shows that simple, sensible health strategies may more effectively improve the health and happiness of the world's population.

About the author: Dr. David B. Agus is a medical doctor and engineer, known as one of America's leading oncologists. He has founded a number of medical companies focused on offering personalized medication. He is also the author of other books such as The End of Illness and A Short Guide to a Long Life.

My highlights:

Genetics may hold the key to explaining why some people seem "younger" than their real age. Researchers at Boston University, for example, have come up with an online calculator that helps you determine your heart's biological age by answering a few questions

Genetics can help researchers work out which parts of human DNA are responsible for extending the biological youth of our bodies

Preventative medicine is both smart and sustainable, and too often ignored in Western culture. Preventative actions, in contrast, can keep a body healthy without the constant intake of drugs. In the end, however, each person must take the time to work out which solutions suit them best. Doctors and scientists thus are limited to making blanket statements about health.

Society often fails to recognize when weight issues become a problem, for both adults and children. 67 percent of American people are overweight – an astonishing statistic. Here's another data point that's even more surprising: just 36 percent of overweight people recognize that they are indeed overweight

Regular exercise can add years to your lifespan, but many people just can't or won't get off the couch. If you bump your walking to 7.5 hours per week, you can expect to add 4.5 years to your lifespan! The study also found that by actively exercising for at least two hours each week and maintaining a healthy weight, people can raise their life expectancy by as much as seven years.

Athletes can't perform at their peak without a good night's sleep. It turns out that neither can you.

Individuals who sleep less than six hours each night are four times more likely to catch a cold compared to people who sleep eight hours.

James says

Stumbled across this at the library. Its OK. Traditional M.D. (Oncologist) does a decent job of explaining how in the very near future how medicine is going to change due to all sorts of advances in tech and medical science. A lot of the picture he paints is rather disturbing from a civil-libertarian perspective. Also, a doctor that thinks EVERYONE should be on statin drugs regardless of health condition is rather scary to me as well. He does make a case for it, but I disagree. If anyone is remotely interested in alternative health practices, there will be more things in this book to annoy you.

Reem Ka says

I wanted to giveaway this book but i'm so happy that I haven't. This book is an excellent choice for anyone who has no background in medicine and health and seeks to read a medical book written in a simplified form. Also, if I had to choose one word to describe this book, i'd choose the word "knowledge".

Anelie says

I enjoyed this more than I thought I would. He has changed his mind about some things since his last book, leaving room for personal choice in some of his previous must-dos. He recognizes that there are compelling reasons to not do what he recommends sometimes. I respect and am pleased by his increased flexibility.
