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This Is Your Do-Over: The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want

Michael F. Roizen

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This Is Your Do-Over: The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want Michael F. Roizen
From one of America's most trusted physicians and the bestselling coauthor of the YOU series with Dr. Mehmet Oz—this practical and empowering guide shares the seven secrets to losing weight, restoring peak vitality, and regaining optimal health at any age.

It's never too late to get a second chance. You do not have to let genetics or bad choices of the past dictate your health outcomes. In fact, you have the power to change your health destiny—no matter how you've lived before. In *This Is Your Do-Over*, Dr. Michael Roizen, four-time #1 *New York Times* bestselling author and renowned Chief Wellness Officer of the Cleveland Clinic, provides the tools you need to halt bad health and start living at your peak vitality. In this book, he addresses all the areas that contribute to total-body wellness, including nutrition, exercise, sex, stress, sleep, and the brain. Using concrete strategies available to anyone of any age, Dr. Roizen shows you how to reset your health with his seven simple secrets to earning a Do-Over. He even shares the key step missing in most other programs: how to select and partner with the proper buddy or coach to get you to your goals. Grounded in cutting-edge scientific research and culled from Dr. Roizen's experience coaching thousands, *This Is Your Do-Over* is the ultimate guide to reversing damage, optimizing health, and living a life filled with energy and happiness. It is not too late. Your Do-Over starts now.

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