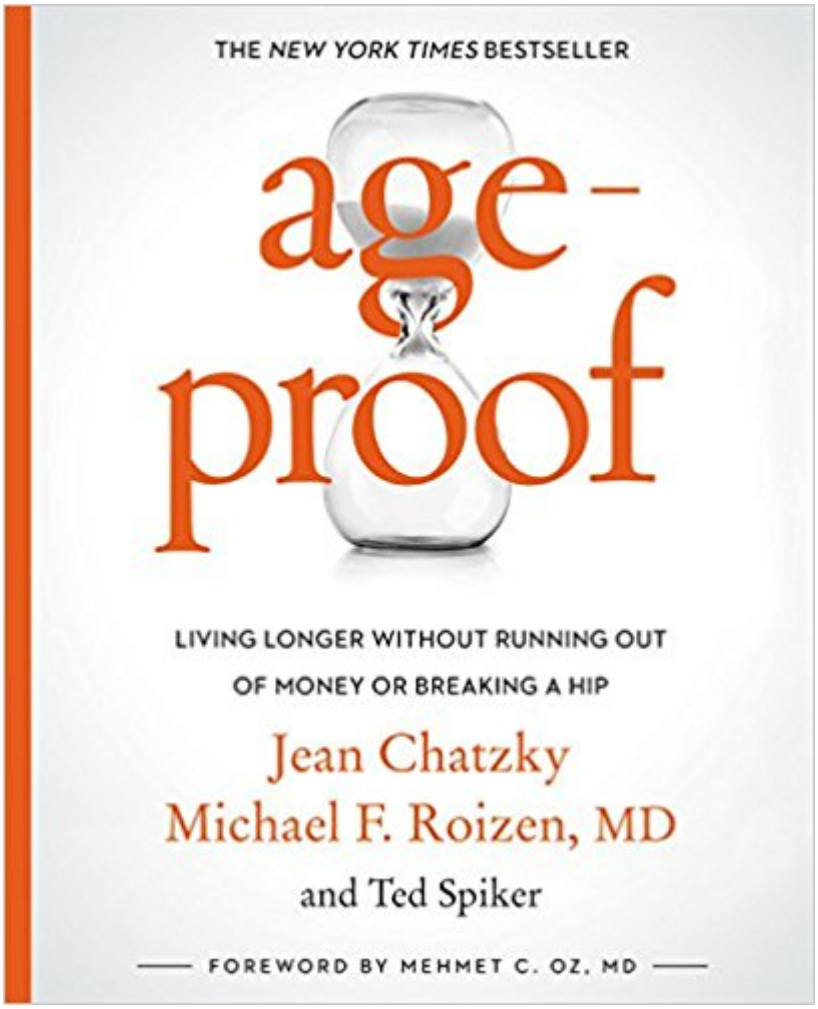
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AgeProof: Living Longer Without Running Out Of Money Or Breaking A Hip



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Synopsis

Two of the world’s leading experts explain the vital link between health and wealth that could add years to your life and dollars to your retirement savings.All the money in the world doesn’t mean a thing if we can’t get out of bed. And the healthiest body in the world won’t stay that way if we’re frazzled about five figures worth of debt. TODAY Show financial expert Jean Chatzky and the Cleveland Clinic’s chief wellness officer Dr. Michael Roizen explain the vital connection between health and wealth--giving readers all the tactics, strategies, and know-how to live longer, healthier, more lucrative lives. The same principles that allow us to achieve a better body will allow us to do the same for our investment portfolio. For instance, physical and financial stability comes down to the same equation: Inflow versus outflow. Do we burn more calories than we ingest? Likewise, are we making more money than we spend? The authors detail scientific ways to improve our behavior so that the answers tilt in the readers’ favor. They also offer ways to beat the system by automating how we do things and limiting our decisions in the face of too much food or too much debt. Chatzky and Roizen provide a plan for both financial independence and biological strength with action steps to get you there.

Book Information

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Customer Reviews

"A positive, practical book for anyone middle aged or older."Ã¢â ¬â ¢Library Journal

Jean Chatzky is an award-winning financial journalist, author, and motivational speaker. She is the TODAY Show’s financial expert, and has appeared on Oprah, Live with Regis and Kelly, and The

View, among others. She blogs at jeanchatzky.com. Dr. Michael Roizen is an American anesthesiologist and internist and is the chief wellness officer at the Cleveland Clinic. He became famous for developing the "RealAge" concept and is the co-author of five New York Times bestsellers, including You: The Owners Manual. Ted Spiker has co-authored a dozen books including the bestselling series The Abs Diet and You: The Owners Manual.

I’m a board-certified Internal Medicine M.D. with a large patient practice in Los Angeles. I downloaded the Kindle edition of financial guru Jean Chatzky’s and wellness expert Dr. Michael Roizen’s new book "Age-Proof" last evening. It was so chock-full of sage advice that I stayed up into the wee hours reading it all the way through.After 25+ years of medical practice I’m rather skeptical of and not easily impressed by the litany of books offering what I consider to be "fad" advice for healthy living. Most are either inaccurate, hyperbolic, based on junk-science or just plain boring. "Age-Proof", in my professional opinion, is a singular exception. My initial (inarticulate) gut reactions as I read Jean and Dr. Mike’s expert health and wealth advice were "Wow." "Terrific." "Finally." "It’s about time."In a nutshell, "Age-Proof" offers clear, simple, actionable, scientifically legitimate advice about staying healthy and financially solvent as the decades pile up. And the key messages are delivered in a caring, funny and non-threatening format for the oft-scary interconnected topics of health and wealth. As a doc striving daily to impart both healthy living and practical life advice to my aging patient population (i.e. anyone over 40), "Age-Proof" will very likely become a must-read recommendation for my patients.Thanks so much to Jean and Dr. Mike for sharing your wisdom and mentoring with the world.

A very easy read with a look at age old concerns for the aging process. From health ,wealth , nutrition and exercise to advise on living in an ageless fashion. Just plain old fun!

Excellent book.Should be a mandatory reading for everyone.Concise- easy to understand

Great book wish we had it when we were younger.

Some good info to think about. I’ll refer back to this.

This book is both engaging and practical. I read a lot of books, in this genre. This one is salving, instead of prickly!

Enjoyed the way it melts health with wealth.

Best medical financial book ever. Dr Roizen is a genius.

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AgeProof: Living Longer Without Running Out of Money or Breaking a Hip Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Tight Hip Flexors: The 7 Minute Tight Hip Solution:Simple and Effective Movements That Quickly Release Tight Hip Flexors And Reduce Hip Pain (Hip replacement ... mobility exercises, hip flexor exericises) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Personal Finance: Budgeting and Saving Money (FREE Bonuses Included) (Finance, Personal Finance, Budget, Budgeting, Budgeting Money, Save Money, Saving Money, Money) Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) Hip Hop Rhyming Dictionary: The Extensive Hip Hop & Rap Rhyming Dictionary for Rappers, Mcs,Poets,Slam Artist and lyricists: Hip Hop & Rap Rhyming Dictionary And General Rhyming Dictionary Tight Hip Flexors: Relieve The Pain of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Hip Hop: A Short History (Hip Hop) (Hip Hop (Mason Crest Paperback)) Sex: 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE Gift Inside) (How To Last Longer In Bed, Attract Women, ... Starved Marriage, Sex Guide) (What Is Sex) How to Last Longer in Bed: Discover How to Increase Stamina and Last Longer in Bed Fiverr-Best Gigs to Make Money on Fiverr With Proven Money Making Gigs And Ways for Making Money That Work (Fiverr.com Books, Make Money With Fiverr Gigs, Ideas, Tips, SEO Book 1) Penny Pinchers Guide To Saving Money Box Set (6 in 1): Learn Over 200 Simple Strategies To Save Money (Simplify Your Life, How To Save Money, Frugal Living Tips, Budgeting) Breaking Bed Bugs: How to Get Rid of Bed Bugs without Losing Your Mind, Money & Dignity ART GLASS - Breaking Glass To Make Money: A Beginners Guide To Making Money With Art Glass - Copper Foil And Lead Explained (Volume 1) The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving

Every Day Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day

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