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If you want to make staying young your new hobby, this is your user's manual. About the Authors Michael F. Roizen , M.D., is chief wellness officer at the Cleveland Clinic and author of the RealAge series of books.

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~~Summary by Michael F. Roizen et al.~~

You: Staying Young: The Owner's Manual for Extending Your Warranty. Hardcover - Oct. 30 2007. by Michael F. Roizen (Author), Mehmet Oz (Author) 4.2 out of 5 stars 230 ratings. Book 4 of 10 in the Doctor Oz's You Book Series. See all formats and editions.

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A professor of surgery at Columbia University, he directs the Complementary Medicine Program at New York-Presbyterian Hospital and performs more than fifty

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