



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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From the bestselling coauthor of the YOU series, the ultimate guide to reversing damage, optimizing health, and living a life filled with energy and happiness. “If you want to have a better brain and body...This is your manual for transformation” (Daniel G. Amen, MD, *New York Times* bestselling author).

No matter what kind of lifestyle you lead, no matter what your bad habits, whether you're a smoker, a couch potato, or a marshmallow addict, it's never too late to start living a healthy life. You do not have to be destined to a certain health outcome because your parents were on the same path, or because you think you've already done the damage. And you can even change the function of your genes through your lifestyle choices.

Bestselling author and renowned chief wellness officer of the Cleveland Clinic gives readers the tools they need to change their habits and get a new start. Dr. Roizen addresses all the areas that contribute to total-body wellness—including nutrition, exercise, sex, stress, sleep, and the brain. He shares his seven simple secrets—grounded in cutting-edge scientific research and culled from experience coaching thousands—to healthy living and provides concrete strategies that anyone can implement, regardless of age or health. “If you ever wanted a second chance at redoing your life, reimagining the areas that don't work—body, mind, relationships, and more—*This Is Your Do-Over* is your guide” (Mark Hyman, MD, #1 *New York Times* bestselling author).

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