

A SHORT GUIDE TO LONG LIFE%0A

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David B. Agus, MD, author of the New York Times and international bestsellers The End of Illness and A Short Guide to a Long Life, is a professor of medicine and engineering at the University of Southern California and heads USC's Westside Cancer Center and the Center for Applied Molecular Medicine.

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Of the handful of his rules posted at the side of the article I was reasonably impressed by a mainstream 'health guru' they weren't as dumb as I expected.

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