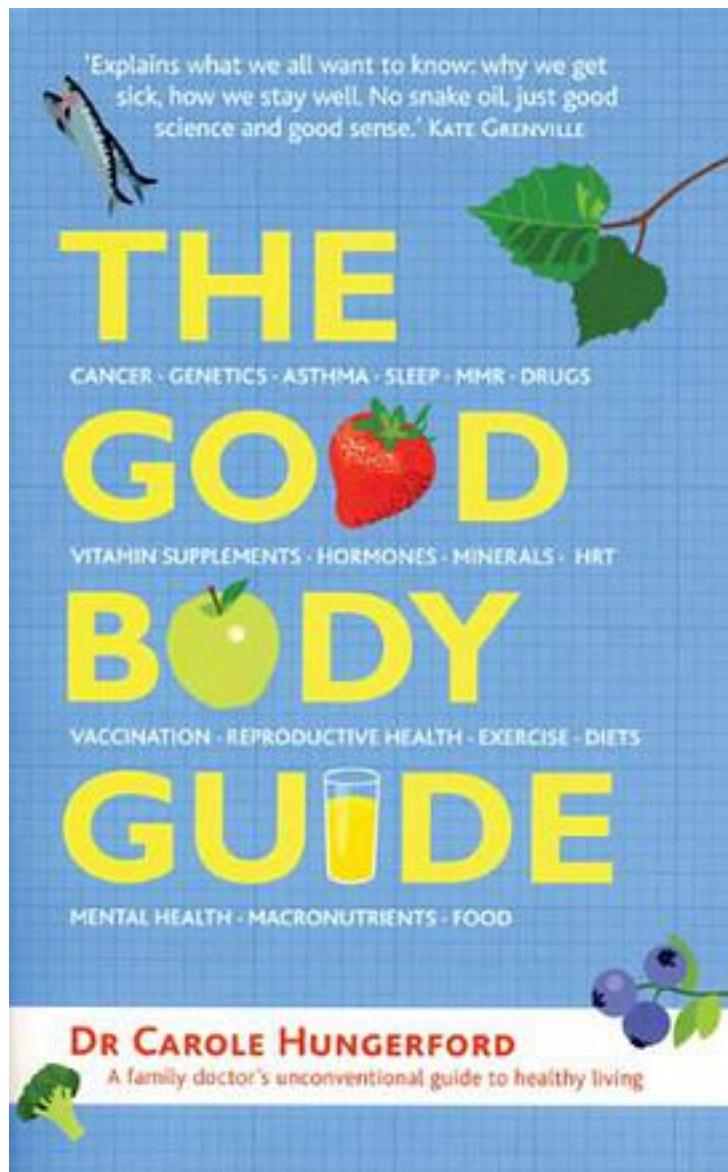


The Good Body Guide



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"Explains what we all want to know. No snake oil, just good science and good sense." --Kate Grenville, author of *The Idea of Perfection* Western nations are worried about the problems of an aging population. But if we take into account the health trends in younger generations, we arrive at a frightening prediction: for the first time in history, we have produced a generation which may not outlive its parents. With a firm scientific base and copious references, this is an encyclopedic health guide that will be used by parents, patients, and doctors for years to come. The author is a well-known Australian doctor.

作者介绍:

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