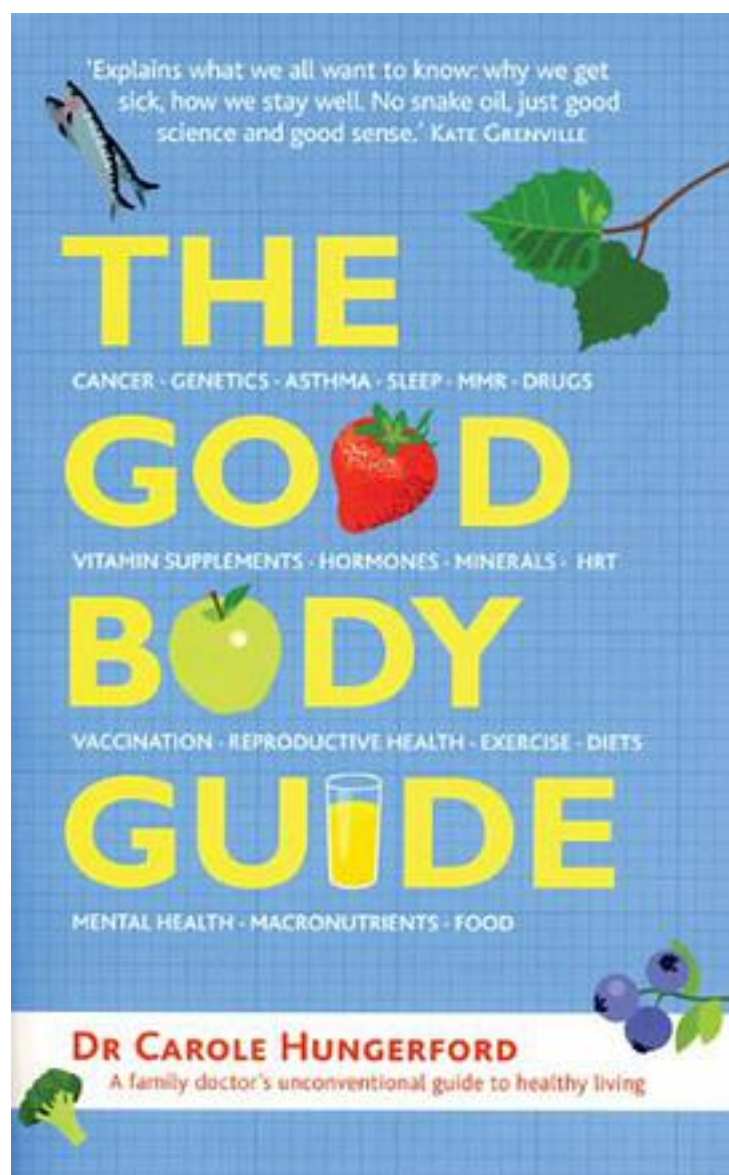


The Good Body Guide



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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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