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PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio. Dr. Attia's aim is less to tell you what to do and more to help you learn how to think about long-term health, in order to create the best plan for you as an In "Outlive" by Peter Attia, the second part of the book is devoted to a detailed examination of the Five Pillars of Longevity, which are essential focus areas to nurture for a longer and healthier life. These pillars are Nutrition, Exercise, Sleep, Stress Management, and Emotional Health. Dr Peter Attia, the world's top longevity expert who is featured on Chris Hemsworth's National Geographic documentary LIMITLESS, believes we must replace this outdated Outlive book attachment source? He references figures and tables and charts that should be available as an attachment Peter Attia's book Outlive now available to download on Audible. I've been listening to the audiobook of his Outlive book. Attia meticulously explores how each of these This book "Outlive: The Science and Art of Longevity" by Peter Attia, M.D. (with acknowledged contributions by others including Bill Gifford) is a wonderful mix of facts, medical advice, personal and family anecdotes and opinions for living a long life that you, your friends, relatives, and medical professionals will enjoy Comprehensive and rigorous, Outlive is full of surprising insights into the diseases of aging that will likely kill most of us, and the tactics and techniques that can help us live longer and in better health This is not "biohacking," it's science: a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health. Skipped straight to chapter I was curious after Attia said Hugh Jackman read it, and wanted it to be the With Outlive 's practical advice and roadmap, you can plot a different path for your life, one that lets you outlive your genes to make each ade better than the one before. Buy a cheap copy of Outlive: The Science and Art of book by Peter Attia.1 NEW YORK TIMES BESTSELLER OVER ONE MILLION COPIES SOLD A groundbreaking manifesto on living better and longer that challenges the conventional medical Free Shipping on all orders over \$15 "In Outlive, Peter Attia has delivered the definitive look at the complex subject of longevity. from: \$ Trustpilot. © Peter Attia and Bill Gifford (P , · Khaled Hosseini.

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