

You The Owner Manual

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You The Owner Manual

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"You: The Owner's Manual" contains some genuinely helpful information but personally, I would consider that statement as damning by faint praise. It's a health book written by a host of doctors, the least it can do is contain some helpful nuggets of information. As is, the book is weak.

You: The Owner's Manual: An Insider's Guide to the Body ...

you The Owner's Manual By Mehmet Oz, MD and Mike Roizen, MD

YOU | The Dr. Oz Show

Dr. Roizen is author of the award-winning series of "RealAge" books and co-authored with Dr. Mehmet Oz the YOU: The Owner's Manual series of bestselling books. He is a lecturer, TV personality, radio talk show personality, and an advocate of exercise and living the healthy life... and he practices what he preaches.

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