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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.

YOU The Owners Manual Podcast - RadioMD

Overview. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs.

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

Yes, you've owned your skin-covered shell for decades, but you probably know more about your cell-

phone plan than you do about your own body. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.

YOU | The Dr. Oz Show

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Most people with disabilities experience social isolation and exclusion at some point in their lives. After struggling to fit in with neurotypical peers at school, work and on social media, 18-year-old Timothy Rohrer is sharing tips on how to treat people with autism and other disabilities, so that others don't have to endure what he did.

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