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

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

You: The Owner’s Manual challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all of the highways, back roads, and landmarks inside of you. After taking a quiz that tests your body of knowledge, you’ll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs.

YOU: The Owner’s Manual: Michael F. Roizen, Mehmet C. Oz ...

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YOU | The Dr. Oz Show

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 on Apple Books

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