



# The Big Five: Five Simple Things You Can Do to Live a Longer, Healthier Life

*Sanjiv Chopra, David Fisher*

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The underlying promise of every exciting medical discovery, diet, and exercise program is the same: do this, buy this, or eat this and you will look better, live longer, and be healthier. But few books can make the promise of this one: if you adapt these five simple, virtually-free suggestions you will live a longer and healthier life, guaranteed.

This is no fad study. Each of the recommendations outlined in this book has been proven by an overwhelming number of tests, trials, and studies to increase health and lifespan. There are no gimmicks, no catches, no ifs, ands, or buts.

Presented by a trusted expert, Dr. Sanjiv Chopra's *The Big Five* includes easily digestible data and startling results from real studies conducted by reputable universities and involving thousands of subjects. Readers of *The Big Five* can see for themselves that, without a doubt, these five simple actions offer many more proven benefits than the latest expensive supplements, fad diets, jazzy exercise programs, and state-of-the-art gym equipment.

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