



Disease-Proof

David Katz M.D., Stacey Colino

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“If you want to build better health and a better future, this book makes an excellent tool kit.”—David A. Kessler, MD, author of *The End of Overeating* and former commissioner of the FDA

It sometimes seems as if everyone around us is being diagnosed with a chronic illness—and that we might soon join them. In *Disease-Proof*, leading specialist in preventive medicine Dr. David Katz draws upon the latest scientific evidence and decades of clinical experience to explain how we can slash our risk of every major chronic disease—heart disease, cancer, stroke, diabetes, dementia, and obesity—by an astounding 80%. Dr. Katz arms us with skillpower: a proven, user-friendly set of tools that helps us make simple behavioral changes that have a tremendous effect on our health and well-being. Inspiring, groundbreaking, and prescriptive, *Disease-Proof* proves making lasting lifestyle changes is easier than we think.

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