



How Not to Die: Surprising Lessons from America's Favorite Medical Examiner

Jan Garavaglia M.D.

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WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN.

Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day.

In *How Not to Die*, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to use that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like her, for a good, long time.

- In "Highway to the Morgue," we learn the one commonsense safety tip that can prevent deadly accidents—and the reason you should never drive with the windows half open
- "Code Blue" teaches us how to increase our chances of leaving the hospital alive—and how to insist that everyone caring for you practice the easiest hygiene method around
- "Everyday Dangers" informs us why neat freaks live longer—and the best ways to stay safe in a car during a lightning storm

Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life—and unlike many doctors' orders, this one is surprisingly easy to follow.

From the Hardcover edition.

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Mary Alexander:

The reason why? Because this How Not to Die: Surprising Lessons from America's Favorite Medical Examiner is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have such as help improving your ability and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

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