

# AgeProof: How to Live Longer Without Breaking a Hip, Running Out of Money, or Forgetting Where You Put It--The 8 Secrets



Two of the worlds leading experts explain the vital link between health and wealth that could add years to your life and dollars to your retirement savings. All the money in the world doesnt mean a thing if we cant get out of bed. And the healthiest body in the world wont stay that way if were frazzled about five figures worth of debt. TODAY Show financial expert Jean Chatzky and the Cleveland Clinics chief wellness officer Dr. Michael Roizen explain the vital connection between health and wealth--giving readers all the tactics, strategies, and know-how to live longer, healthier, more lucrative lives. The same principles that allow us to achieve a better body will allow us to do the same for our investment portfolio. For instance, physical and financial stability comes down to the same equation: Inflow versus outflow. Do we burn more calories than we ingest? Likewise, are we making more money than we spend? The authors detail scientific ways to improve our behavior so that the answers tilt in the readers favor. They also offer ways to beat the system by automating how we do things and limiting our decisions in the face of too much food or too much debt. Chatzky and Roizen provide a plan for both financial independence and biological strength with action steps to get you there.

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