

Kindle eBook Daily Deals

01/14/21

1. The Longevity Paradox: How to Die Young at a Ripe Old Age (The Plant Paradox Book 4) (Health, \$3.99)

1. By Steven R. Gundry, MD.

2. 4.5/5 stars with 2,330 reviews.

3. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.