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New Book Offers Timely Health Advice for Readers of All Ages

Younger for Longer: How You Can Slow the Ageing Process and Stay Healthy for Life by Dr Duncan Carmichael, MD, will be available Feb. 9, 2021 in the US and Canada [US\$19.99/C\$24.99]

NEW YORK, NY, Oct. 17 — There is little doubt that 2020 will be remembered as the year of the pandemic, with nearly everyone across the globe affected by COVID-19.

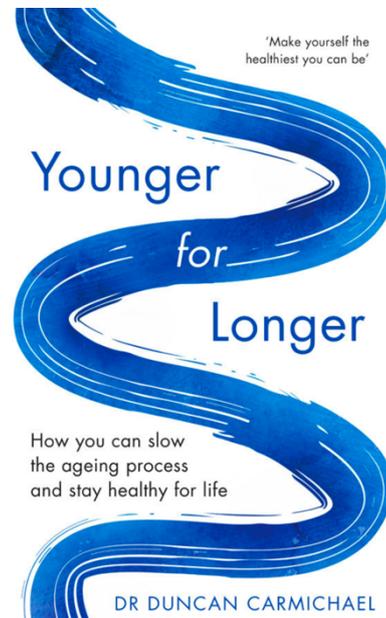
The pandemic's impact has seen hundreds of millions of people become far more aware of the importance of their health – and of staying healthy. Yet many, perhaps most, don't understand how their body works, and how best to achieve better health.

This unique book by acclaimed healthy aging practitioner Dr Duncan Carmichael helps the general reader do exactly that.

Individual chapters focus on inflammation, nutrition, toxins, hormones, stress, the liver, men's health, women's health, the skin, and the brain.

In each, the author outlines how aging happens and provides sound advice on how to slow it and even undo the damage.

While some books focus on one or another of these subjects, this is the first to bring them together in one place.



Younger for Longer, which is published by Little, Brown's Robinson imprint, has received numerous accolades in the United Kingdom and South Africa, including:

- **“Fascinating . . . scientific and holistic”** [*The Times*]
 - **“Live fuller and with more vitality with the 21st century wisdom presented in *Younger for Longer* by Dr Carmichael, who understands that aging is not something we need to succumb to, but embrace and enhance with a better understanding of food, nutrients and lifestyle”** [Deanna Minich, PhD, educator and author, *Whole Detox*]
 - **“Revelatory and accessible”** [*Sunday Post*]
 - **“One of the best books I’ve read in ages”** [Million-selling author Richard Koch]
 - **“Packed with the most incredible information about health”** [Radio Today]
 - **“Acting on the advice in this book may be the best investment you will ever make in your future health”** [Emeritus Professor Timothy Noakes]
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Across our fourteen imprints, we publish as wide a range of titles as anyone in the industry, and pride ourselves on the quality, variety and diversity of our publishing output.

Our parent company, Hachette UK, is owned by Hachette Livre, the world's second-largest trade and educational publisher. The group also has subsidiaries in Australia, New Zealand, Ireland and India, and we work closely with our sister company in the USA, Hachette Book Group. For more, see: <https://www.littlebrown.co.uk/>

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