

How Not to Die features the latest scientific discoveries on nutrition and longevity. Ten years after its initial publication, this newly revised edition highlights the foods, exercise, and lifestyle habits that may help prevent, arrest, or reverse the progression of the fifteen leading causes of disease-related death.

Doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen causes that lead to the most deaths in the United States claim the lives of nearly two million annually. This doesn't have to be the case. For the most part, these diseases and illnesses are preventable. In this revised and updated edition of the bestselling classic, Dr. Michael Greger shares groundbreaking scientific discoveries in nutrition and longevity. With updates from all the most recent studies, *How Not to Die* is a guide to the methods proven to keep the reaper off our backs, detailing the foods we should eat and the lifestyle changes we can make to live longer.

Internationally renowned as a nutrition expert, physician, and founder of NutritionFacts.org, Dr. Greger examines the fifteen leading causes of death in the United States—heart disease, various cancers, Alzheimer's, diabetes, Parkinson's, and more—and explains how nutritional and lifestyle interventions can often surpass the modern medical approach, freeing us to live longer, healthier lives.

Full of practical, actionable advice and surprising, cutting-edge nutritional science, these doctor's orders offer the best chance for living healthy well beyond our expiration dates.

MICHAEL GREGER, M.D., FACLM, is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. A founding member and fellow of the American College of Lifestyle Medicine, his books *How Not to Die*, *The How Not to Die Cookbook*, *How Not to Diet*, and *How Not to Age* have been instant *New York Times* bestsellers. Dr. Greger is the founder of NutritionFacts.org, a science-based nonprofit public service organization providing free daily updates on the latest in nutrition research.

GENE STONE has written many books on nutrition, including the #1 *New York Times* bestseller *Forks Over Knives*, and cowritten numerous other bestsellers, including *The Engine 2 Diet*, *Living the Farm Sanctuary Life*, and *Eat for the Planet*.

READ BY MICHAEL GREGER, M.D., FACLM



Runtime: 19h. 51m. • Unabridged

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The Playaway format is recommended for children ages 5 and up.



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MICHAEL
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