

Everyone wants to live a full and healthy life—and every day brings a tidal wave of attention-grabbing misinformation, faddish ideas from “wellness” influencers, and bizarre advice from news outlets over-extrapolating the results of tiny, outlier studies. The “Wellness Industrial Complex” prescribes conflicting and complicated regimens while promising us more time to enjoy in the future—though it sure is demanding a lot of time right now. But what actually matters most to our health and longevity? What has the most robust, actionable evidence? What’s the junk you can skip?

In *Eat Your Ice Cream*, renowned physician Ezekiel J. Emanuel argues that life is not a competition to live the longest and that “wellness” shouldn’t be difficult; it should be an invisible part of one’s lifestyle that yields maximum health benefits with the least work. Dr. Emanuel cuts through the noise with wit and good humor, giving listeners just what they need: simple, high-impact, evidence-based guidelines on such issues as alcohol consumption, food and nutrition, exercise, sleep, mental acuity, and social engagement. Resisting the tide of the latest trends to extend life at all costs, *Eat Your Ice Cream* reveals that many of the tools for a long, healthy and meaningful life are already within reach.

Read by the Author



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



AUDIO

Eat Your  
Ice Cream



Ezekiel J. Emanuel, MD

Adult



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THE ALL-IN-ONE AUDIOBOOK

