

WITH A NEW FOREWORD BY DR. OZ

# YOU



# THE OWNER'S MANUAL

THE MULTIMILLION COPY #1 *NEW YORK TIMES* BESTSELLER

An Insider's Guide to  
the Body That Will Make You  
Healthier and Younger

**MICHAEL F. ROIZEN, M.D.,  
AND MEHMET C. OZ, M.D.**



# Dr Oz You The Owner Manual

**IM Harris**



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