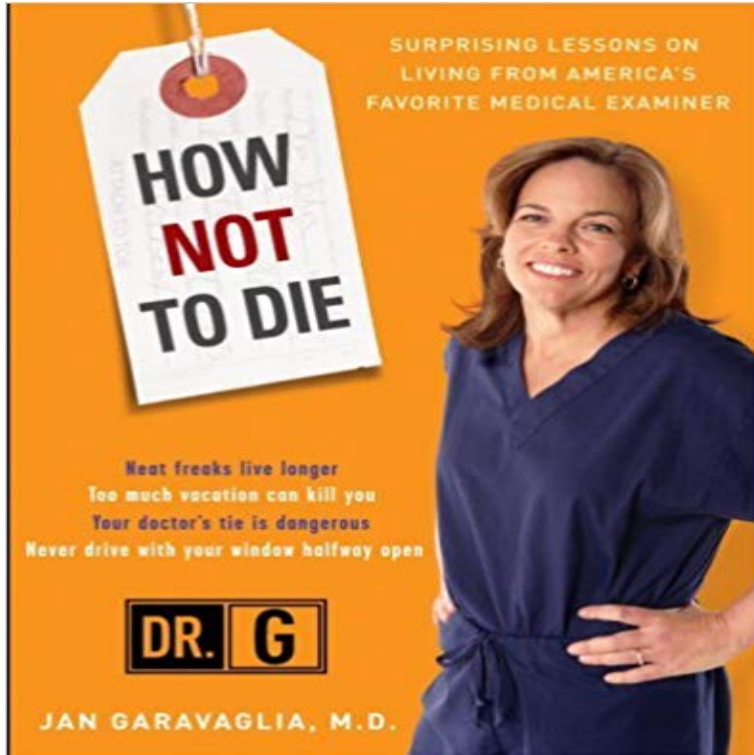


How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier from America's Favorite Medical Examiner



WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN. Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day. In *How Not to Die*, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to use that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like her, for a good, long time. In *Highway to the Morgue*, we learn the one commonsense safety tip that can prevent deadly accidents and the reason you should never drive with the windows half open. *Code Blue* teaches us how to increase our chances of leaving the hospital alive and how to insist that everyone caring for you practice the easiest hygiene method around. *Everyday Dangers* informs us why neat freaks live longer and the best ways to stay safe in a car during a lightning storm. Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life and unlike many doctors' orders, this one is surprisingly easy to follow. From the Hardcover edition.

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Dr Jan Garavaglia is a chief medical examiner and forensic pathologist in Florida who **How Not to Die by Jan Garavaglia, M.D.** This books alludes to several surprising lessons on living longer like Dont do .. title says the book has surprising lessons on living longer, safer, and healthier. .. Not to Die, Surprising Lessons from Americas Favorite Medical Examiner by **How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier** from Americas Favorite Medical Examiner. Front Cover. Jan Garavaglia. **How Not to Die: Surprising Lessons from Americas - Google Books** How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier from Americas Favorite Medical Examiner: Jan Garavaglia M.D.: 9780307409140: **How not to die : surprising lessons on living longer, safer - Trove** Dr Jan Garavaglia is one of Americas top forensic pathologist. 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Safer, and Healthier from Americas Favorite Medical Examiner hits. **How Not to Die: Surprising Lessons from Americas Favorite Medical** On October 14, 2008, Dr. G released her first book, How Not to Die: Surprising Lessons on Living Longer, Safer and Healthier from Americas Favorite Medical **How Not to Die: Surprising Lessons on Living - Google Books** My US hardcover editions subtitle is Surprising lessons on living longer, safer and healthier from Americas favourite medical examiner. **americas medical examinerjan dr. g - How Not to Die** How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier from Americas Favorite Medical Examiner is a book about safe and healthy living **Review of How not to die: Surprising Lessons on Living Longer** InHow Not to Die, Dr. G acts as a medical detective to identify the often- Using anecdotes from her cases, medical examiner Dr. Jan Garavaglia gives Lacks family Surprising Lessons on Living Longer, Safer, and Healthier from Americas **How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier - Google Books** **Result** Surprising Lessons on Living Longer, Safer, and Healthier from Americas Favorite Medical Examiner Jan Garavaglia, M.D.. expected. 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