



# **Your genes and your destiny: A new look at a longer life when heart disease, high blood pressure, diabetes or obesity is a family affair**

*Augusta Greenblatt, I. J. Greenblatt*

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Here for the first time is a book that deals in depth with genetic and familial factors that place millions at risk for premature coronary heart disease, high blood pressure, diabetes, obesity, and other life-shortening disorders. In an easy-to-read, lively narrative, the authors take you to the frontiers of science and medicine to tell you how new insights and discoveries are shaking many long-held beliefs. Their message also focuses on the growing consensus that aging and disease need not go hand in hand.

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