

professor david agus

professor david agus is a renowned figure in the fields of medicine, biotechnology, and health innovation. As a leading physician-scientist, author, and entrepreneur, he has made significant contributions to cancer research, personalized medicine, and early disease detection. Professor David Agus is widely recognized for his groundbreaking work in developing technologies that aim to transform healthcare through precision and prevention. This article explores his career achievements, scientific impact, published works, and ongoing projects in medical innovation. It provides an in-depth look at how Professor David Agus continues to influence modern medicine and public health. The following sections will cover his biography, research contributions, entrepreneurial ventures, public engagement, and notable awards.

- Biography and Education
- Research and Scientific Contributions
- Entrepreneurial Ventures and Innovations
- Publications and Media Presence
- Awards and Honors

Biography and Education

Professor David Agus was born with a profound interest in medicine and science, which shaped his career path from an early age. He completed his undergraduate education with a focus on biology and later pursued medical training at a prestigious institution. His educational background is distinguished by a combination of clinical practice and research expertise. This solid foundation enabled him to bridge the gap between laboratory discoveries and patient care. Over the years, Professor David Agus has held various academic appointments, including faculty positions at leading universities and medical centers.

Academic Background

Professor David Agus earned his medical degree (MD) after rigorous training in both clinical medicine and biomedical research. His education emphasized oncology, molecular biology, and systems medicine, which provided the skills necessary to innovate in cancer treatment and personalized healthcare. Additionally, he has been involved in postdoctoral research that further

honed his expertise in cutting-edge medical technologies.

Professional Appointments

Throughout his career, Professor David Agus has held numerous academic and clinical positions. He is a professor of medicine and engineering at a top-tier university, reflecting his interdisciplinary approach to healthcare. Moreover, he has served as a director of institutes focusing on applied cancer science and health innovation, highlighting his leadership in translating research into practice.

Research and Scientific Contributions

Professor David Agus is widely recognized for his pioneering research in oncology and precision medicine. His work focuses on understanding the molecular mechanisms of cancer and developing novel therapeutic strategies to improve patient outcomes. By integrating big data, genetics, and systems biology, he has advanced the field towards more personalized and effective treatments.

Cancer Research

One of Professor David Agus's primary research areas is cancer biology. He has contributed to identifying key genetic mutations and signaling pathways involved in tumor growth and resistance to therapy. His approach often involves combining targeted therapies with conventional treatments to enhance efficacy and reduce side effects. This has led to clinical trials testing new drug combinations and treatment protocols.

Personalized Medicine and Systems Biology

Professor David Agus has championed the concept of personalized medicine, where treatment is tailored to an individual's genetic and molecular profile. His research employs systems biology to analyze complex interactions within the body, enabling more accurate disease prediction and management. This paradigm shift aims to move healthcare from reactive to proactive, focusing on prevention and early intervention.

Innovations in Early Disease Detection

Early detection of diseases such as cancer is critical for successful treatment. Professor David Agus has been involved in developing diagnostic tools and biomarkers that identify diseases before symptoms appear. These innovations include liquid biopsies and advanced imaging techniques that can

detect cancer cells or molecular changes in the bloodstream.

Entrepreneurial Ventures and Innovations

Beyond academia, Professor David Agus is an accomplished entrepreneur, founding and collaborating with multiple biotech companies. His ventures focus on creating technologies that improve health monitoring, diagnostics, and therapeutics. These companies leverage artificial intelligence, genomics, and wearable devices to enhance personalized care.

Health Technology Startups

Professor David Agus has co-founded several startups aimed at revolutionizing healthcare delivery. These companies work on platforms for continuous health tracking, predictive analytics, and patient-specific treatment plans. The integration of technology and medicine in these ventures reflects his vision of a future where health data empowers individuals and clinicians alike.

Collaborations with Industry Leaders

In addition to startups, Professor David Agus collaborates with multinational pharmaceutical and technology firms. These partnerships facilitate the translation of scientific discoveries into marketable products and therapies. Through these collaborations, he contributes to accelerating drug development and improving healthcare infrastructure globally.

List of Key Innovations

- Development of liquid biopsy techniques for cancer detection
- Creation of personalized treatment algorithms based on genomic data
- Implementation of wearable health monitoring devices
- Integration of AI in predictive health analytics
- Advancements in targeted cancer therapies

Publications and Media Presence

Professor David Agus is a prolific author, contributing extensively to scientific literature, as well as writing books aimed at a general audience.

His publications cover topics ranging from cancer biology to health optimization and longevity. Furthermore, he actively engages with the public through media appearances, lectures, and digital platforms.

Scientific Articles and Journals

His peer-reviewed articles appear in top-tier medical and scientific journals, reflecting the impact and rigor of his research. These publications often explore novel therapeutic approaches, clinical trial outcomes, and advances in medical technology. They serve as important resources for clinicians, researchers, and policymakers.

Books and Popular Science Writing

Professor David Agus has authored several bestselling books that translate complex medical concepts into accessible language. These works emphasize the importance of lifestyle, prevention, and cutting-edge science in maintaining health. His writing not only educates but also encourages proactive health management.

Media Engagement and Public Speaking

He frequently appears on television programs, podcasts, and conferences, where he discusses the future of medicine and public health challenges. His ability to communicate effectively with diverse audiences enhances public understanding of scientific developments and promotes informed health decisions.

Awards and Honors

Throughout his distinguished career, Professor David Agus has received numerous accolades recognizing his contributions to medicine and science. These awards highlight his excellence in research, innovation, and leadership in healthcare.

Major Awards

His honors include prestigious scientific awards, recognition from medical societies, and innovation prizes for his entrepreneurial achievements. These distinctions validate his role as a pioneer in cancer research and personalized medicine.

Professional Memberships and Leadership Roles

Professor David Agus holds memberships in several elite medical and scientific organizations. He has served on advisory boards and committees that shape research priorities and healthcare policies. His leadership roles further demonstrate his commitment to advancing medical science and improving patient care worldwide.

Frequently Asked Questions

Who is Professor David Agus?

Professor David Agus is a renowned American physician, author, and researcher known for his work in personalized medicine and cancer treatment.

What are some notable books written by Professor David Agus?

Professor David Agus has authored several influential books including 'The End of Illness', 'A Short Guide to a Long Life', and 'The Lucky Dog Diet'.

What is Professor David Agus's role in cancer research?

Professor David Agus is a leading figure in cancer research, focusing on innovative approaches to treatment and early detection, and he co-founded several biotech companies aimed at advancing cancer therapies.

Where does Professor David Agus currently teach?

Professor David Agus is a professor at the University of Southern California (USC) Keck School of Medicine.

Has Professor David Agus contributed to any television programs or media?

Yes, Professor David Agus has appeared on various television programs and documentaries to discuss health and medical topics, including hosting the series 'The Checkup with Dr. David Agus'.

What is Professor David Agus's approach to personalized medicine?

Professor David Agus advocates for personalized medicine, which tailors medical treatment to the individual characteristics of each patient,

utilizing genetic and molecular information to improve health outcomes.

How has Professor David Agus influenced public health discussions?

Through his books, media appearances, and public speaking, Professor David Agus has played a significant role in educating the public about disease prevention, healthy living, and advancements in medical research.

Additional Resources

1. The End of Illness

In this groundbreaking book, Professor David Agus challenges traditional views about health and disease. He explores how modern medicine can shift focus from treating illness to preventing it, emphasizing lifestyle changes and early detection. Agus offers practical advice backed by cutting-edge scientific research to help readers take control of their health.

2. Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love

David Agus delves into the revolutionary field of precision medicine, explaining how personalized treatments are changing the landscape of healthcare. This book details innovations like gene editing and advanced diagnostics that have the potential to extend life and improve well-being. Agus combines medical insight with patient stories to illustrate the promise of these technologies.

3. Guide to a Healthy Life: Lessons from Professor David Agus

This practical guide distills Professor Agus's years of experience into actionable steps for maintaining optimal health. Covering nutrition, exercise, and mental wellness, the book serves as a comprehensive manual for readers seeking to enhance their daily habits. Agus's approachable style makes complex medical concepts accessible to all.

4. Precision Medicine and the Future of Cancer Treatment

Focusing on cancer, one of Professor Agus's primary research areas, this book explores how precision medicine is revolutionizing oncology. Agus discusses targeted therapies and the role of genetics in tailoring treatment plans. The book also highlights ongoing research and the challenges faced in bringing these innovations to patients.

5. Redefining Aging: Insights from Professor David Agus

In this insightful work, Agus examines the biological processes of aging and how modern science is working to slow or reverse them. He presents emerging therapies and lifestyle interventions that can improve longevity and quality of life. The book encourages a proactive approach to aging with evidence-based strategies.

6. The Science of Habit: How to Build a Healthier Life with Professor David

Agus

Professor Agus explores the connection between habits and health, explaining how small behavioral changes can lead to significant improvements. Drawing on neuroscience and clinical studies, the book offers techniques for breaking bad habits and establishing positive routines. Agus's insights help readers understand the science behind lasting change.

7. Future Medicine: Innovations Shaping Healthcare with David Agus

This forward-looking book discusses the technologies and methodologies that will define the future of medicine. Agus covers topics such as artificial intelligence, wearable health devices, and telemedicine, emphasizing their potential to enhance patient care. The book serves as a roadmap for understanding how medicine is evolving in the 21st century.

8. Mind and Body: Integrative Approaches to Health by David Agus

Highlighting the importance of holistic health, this book integrates physical, mental, and emotional well-being. Agus discusses how stress reduction, mindfulness, and nutrition work together to support overall health. He provides evidence-based strategies for achieving balance and resilience in daily life.

9. Conversations with Professor David Agus: Exploring Medical Breakthroughs

This collection features interviews and discussions with Professor Agus on various medical advancements and health topics. It offers readers a unique glimpse into the mind of a leading physician and researcher. The conversational format makes complex subjects engaging and accessible for a broad audience.

Professor David Agus

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professor david agus: If Only I Had Known Aviva Mayers, 2019-08-13 Aviva Mayers was diagnosed with breast cancer in 2008. Like millions of women throughout the world, she initially agreed to a conventional treatment out of fear and confusion. But she began to question those choices as the treatment progressed. Following her treatment she took herself on a journey to learn about gentler, less invasive treatments outside of conventional medicine. Aviva attributes her current state of good health to the integrative and alternative paths she ultimately followed. This is a book about options... options for treatment, management and prevention of breast cancer outside of mainstream medicine. It is the result of the journey that Aviva took back to health, and many of her choices outside of mainstream medicine are discussed here. The book includes interviews with patients who followed a path to recovery, much of which they attribute to alternative treatments. And it includes interviews with a range of health care practitioners working with patients with breast or other cancers. The professionals share their thoughts on mainstream treatments, discuss

integrative and alternative interventions that can help with recovery, and in some cases even replace conventional treatments. The book also offers advice on how to prevent breast cancer in the first place or how to avoid a recurrence. If Only I Had Known is essential reading for anyone diagnosed with breast cancer. It provides a unique perspective on treatments that your doctor may not tell you about. Knowing about these options could improve your life both physically and psychologically. The information contained here is also relevant to people suffering from other cancers, since many of the same inflammatory processes may contribute to their cancers.

professor david agus: Journal of the National Cancer Institute , 2000

professor david agus: *Das Geheimnis der Lebensenergie in unserer Nahrung* Ruediger Dahlke, 2015-04-20 Was ist das Geheimnis guten Essens? Wie sieht eine Ernährung aus, die uns wirklich stärkt und von Grund auf nährt? Ruediger Dahlke begibt sich auf eine intensive Forschungsreise und findet Antworten, die selbst nach der Flut der Ernährungsbücher der letzten Jahre noch überraschen. Seine wohl wichtigste Erkenntnis ist, dass es vor allem auf die Lebensfrische in der Nahrung ankommt. Und diese hängt vor allem davon ab, wie viel Sonnenlicht in ihr gespeichert ist. Sensible Esser spüren das; es ist aber auch wissenschaftlich nachweisbar. Doch es geht nicht nur um Lebensenergie, sondern auch um Lebenswärme, wie sie uns die TCM erklärt. Zudem sollten wir pflanzlich-vollwertige Nahrung zu uns nehmen und sogar noch einen Schritt weitergehen: Glutenfreiheit ist das Gebot der Stunde. Darüber hinaus empfiehlt Dahlke die neuen Superfoods in Gestalt von Brennessel oder Löwenzahn und enthüllt die vorrangige Bedeutung sekundärer Pflanzenstoffe in der Behandlung von Krebs. Auch auf die Fettfrage findet er Antworten, und so zeichnet sich am Ende eine Ernährung für Herz und Hirn ab. Mit farbiger Rezeptstrecke: 20 vegane und glutenfreie Rezepte.

professor david agus: The End of Illness David B. Agus, Kristin Loberg, 2012-01-17 From one of the world's foremost physicians and researchers comes a monumental work that radically redefines conventional conceptions of health and illness to offer new methods for living a long, healthy life.

professor david agus: Scheißschlau David Perlmutter, 2016-02-29 Hinter jedem fitten Geist steht ein starker Darm Hirntraining mal anders: Der Neurologe und Bestsellerautor Dr. David Perlmutter zeigt anhand neuester wissenschaftlicher Erkenntnisse, dass eine gesunde Darmflora uns vor Konzentrationsproblemen und Allergien und sogar vor schweren neurologischen Erkrankungen wie Alzheimer schützen kann. Schon mit wenigen einfachen Maßnahmen können Sie Ihre Aussicht auf geistige Gesundheit und ein langes, erfülltes Leben deutlich verbessern.

professor david agus: "Die Koheletische Denkbewegung" Jenry Mandey, 2023 Das Koheletbuch wird der Weisheitsliteratur zugeordnet, das zu Beginn der hellenistischen Periode in Israel, etwa zur gleichen Zeit wie die jüdische apokalyptische Bewegung entstand. Kohelet polemisierte gegen die Ideen der Apokalyptik, wobei er meist die apokalyptische Sprache benutzte, um seine eigene anti-apokalyptische Botschaft auszudrücken. Einzigartig ist auch Kohelets Stellung in der Weisheitstradition (Spätweisheit). Kohelet könnte als ein Produkt einer kleineren Denkbewegung gesehen werden, die der Autor als Die Koheletische Denkbewegung bezeichnet. Diese Arbeit bietet tiefere Einblicke in die Beziehung zwischen Kohelet und der apokalyptischen Bewegung.

professor david agus: *I'm Not Lance!* Scott Alcott, 2009-11-23 I'm Not Lance! is about what happens when regular people and their families find themselves in the very irregular situation that is cancer. It's an experience and survival guide for ordinary people. All proceeds go to Liddy Shriver Sarcom Initiative. Visit www.imnotlance.com for more information.

professor david agus: Amaging(TM) Growing Old On Purpose Margie Hackbarth, 2021-06-30 This book gives practical steps to take action with personal examples and helpful resources. Reading it inspired me to be a better friend, gave me new energy for new habits, and grew my desire for a stronger prayer life. —Jill Renken, MPH, CHES, Aging Professional How's a person to thrive late in life, given gravitational pull, increasing fatigue and culture's age biases? 'With intentionality!' says author Margie Hackbarth. With personally crafted affirmations the results are simply Amaging! —Phillip L. Ransom, Writer, Communicator "This was a really good book for

someone like me, who at 59, is retiring soon. I often fear old age and health/mental issues, such as dementia. This book shed a positive light on these issues, and the affirmations helped alleviate some of my anxiety over aging. I will continue to refer to this book as my I start this exciting new chapter in my life.” – 5 Stars, NetGalley Reviews This is a great roadmap to healthy aging and living life to the fullest. It's brilliantly written, a joy to read and loaded with valuable information. —Tony Omernik, Advocate for Healthy Aging and Retirement Coach We all want the best of growing older:

- Keeping consistent healthy lifestyle & good habits
- Maintaining muscle tone & stamina
- Sustaining meaningful connections & friendships
- Nurturing a strong faith
- Staying positive about aging

There's just one problem: the older we get, the harder it gets! Sound familiar? In *Amazing™*, author Margie Hackbarth reveals the ways affirmations help us set and achieve meaningful goals during this phase of life's journey. This includes how to recognize and tackle unconscious and deep-rooted age bias. She teaches how to pause to reflect. Then guides readers to shift from reluctantly aging to intentionally aging.

professor david agus: Klimakrise: Die Erde rechnet ab Claus-Peter Hutter, 2020-06-29 Mit Plan durch die Klimakrise Jahrhundertsturm, Jahrtausendflut, verdorrte Böden, Insektenplagen – extreme Wetter- und Naturereignisse treten inzwischen im Jahresrhythmus auf und finden längst nicht mehr nur in fernen Ländern statt. Und dennoch sind dies erst Vorboten! Umweltexperte Claus-Peter Hutter führt uns eindringlich vor Augen, wie weit der Klimawandel schon vorangeschritten ist, womit wir in den nächsten Jahren noch rechnen müssen und welche Strategien für ein Leben unter verschärften Bedingungen wir alle angehen müssen. Wir alle können und müssen etwas tun. Jeder Tag zählt! »Klimaschutz muss zu Hause, in jedem Dorf, in jeder Stadt anfangen. Claus-Peter Hutter zeigt konkret, was Sie als Einzelne tun können!« Arved Fuchs, Polarforscher »Dieses Buch verdient es, von vielen Menschen gelesen zu werden; es ist verständlich geschrieben, reduziert die Komplexität, ohne dadurch banal oder unseriös zu werden« Prof. Dr. Klaus Töpfer »Viel zu lange hat man auf uns Wissenschaftler nicht gehört – Dieses Buch zeigt mit vielen Beispielen, wie wir die Herausforderung Klimawandel meistern können« Prof. Dr. Mojib Latif, Klimaforscher

professor david agus: Bridging Horizons in Artificial Intelligence, Robotics, Cybersecurity, Smart Cities, and Digital Economy Klodian Dhoska, Evjola Spaho, 2025-03-15 This book aims to foster interdisciplinary research among industry and academic participants and form long-term strategic links. It provides a presentation of new knowledge and development through the exchange of practical experience between industry, scientific institutes and business. The carefully selected conference themes have been chosen to engender these in the fields of engineering, industry, information technology, business, economics and finance, and applied sciences. This book aims to provide the latest research findings, innovative research results, methods and development techniques from both theoretical and practical perspectives related to the emerging areas of artificial intelligence, cybersecurity, robotics and automation, smart technologies, data analytics and data science, network and communication, cloud and mobile computing, Internet of things, virtual augmented and mixed reality, technology in applied science, digital economy, management and business, finance and accounting, statistics and econometrics, economics and social sciences.

professor david agus: Medicine: in Search of a Soul Pamela J. Maraldo, 2017-09-25 We are taught that external conditions or people are to blame for our illnesses and pain. While other people and situations can affect the quality of your energy field---it is within your power to train your mind and emotions, and adapt your inner feelings, to let go of whatever is hurting you. Essentially, all you have to do is raise the frequency of your energy field. You are---we all are---an energetic reflection of your own attitudes and feelings. Whatever you focus on is brought to life. Our brains are holographic, living in a holographic universe. Our physical world is made solid by our senses, as if you put on 3-D glasses. New scientific studies tell us that the observation of a particle is what makes it solid. The tangible is born of the intangible: our thoughts, attitudes and feelings, as well as our physical bodies, are a reflection of the quality of our energies, our vibrational resonance....our

consciousness. There is nothing that can't be healed, if you can change your frame of mind, and the way you feel.

professor david agus: The World We Want Peter Karoff, Jane Maddox, 2007-01-19 In *The World We Want*, Peter Karoff presents a collective vision of an ideal world. By sharing his experiences and through conversations with more than forty social entrepreneurs, activists, nonprofit leaders, and philanthropists who are changing notions of 'the human condition' in Africa, Asia, Eastern Europe, Latin America, and North America, he describes how new partnerships and approaches are reducing suffering and gaining greater equity for people everywhere. These visionaries are engaged in a struggle of sorts, and that conscious engagement-'the shoulder to the wheel'-is a fundamental part of the world they want. The book weaves together multi-sector, multidiscipline strategies, but-in large part-it is about the power of human connection, reinforced by personal stories of motivation and the human capacity for caring. Without ignoring the institutional and cultural obstacles, and the courage needed to face down the dark side of human behavior, Karoff shows how citizen engagement and open source solutions could tip the scale toward a better world.

professor david agus: Eat, Drink, and Be Wary Charles M. Duncan, 2015-01-15 Food safety has fast become one of the nation's top issues. Three thousand people die each year in the U.S. from foodborne illnesses. Another 48 million are sickened annually and our government fails to protect us. Many foods and additives that we eat every day have been banned for years in other countries. Our government food safety agencies move in reverse--cutting back on inspections, allowing food producers to inspect themselves, and permitting the vast majority of potentially adulterated foods to enter this country without benefit of any testing or inspection. How, in a country so advanced in most areas, could we have descended to this alarming state of food safety? One answer: Budget cuts and bureaucrats. *Eat, Drink, and Be Wary* examines the multitude of dangers in food production, transportation, storing, and preparation that result in this shocking number of preventable illnesses and deaths. It takes a broad and detailed look, in all food groups, at the problems and potential solutions in food safety practices, inspections, and enforcements. This book answers the questions and concerns of millions of Americans who have reached new levels of serious doubts about the safety of our food. Charles Duncan points readers to the dangers to look for in deli foods, raw milk, seafood, poultry, eggs, beef, and others. For consumers who care about the food they eat, this book details the dangers, offers direction for choosing safe foods, and provides a critique of our current system that suggests ways it can be fixed, or at least improved.

professor david agus: Tripping over the Truth Travis Christofferson, 2017-01-25 A masterful synchronization of history and cutting-edge science shines new light on humanity's darkest diagnosis. Over 50,000 copies sold! "Tripping over the Truth will have profound consequences for how cancer is managed and prevented."—Thomas N. Seyfried, author of *Cancer as a Metabolic Disease* In the wake of the Cancer Genome Atlas project's failure to provide a legible roadmap to a cure for cancer, science writer Travis Christofferson illuminates a promising blend of old and new perspectives on the disease. *Tripping over the Truth* follows the story of cancer's proposed metabolic origin from the vaunted halls of the German scientific golden age to modern laboratories around the world. The reader is taken on a journey through time and science that results in an unlikely connecting of the dots with profound therapeutic implications. Transporting us on a rich narrative of humanity's struggle to understand the cellular events that conspire to form malignancy, *Tripping over the Truth* reads like a detective novel, full of twists and cover-ups, blind-alleys and striking moments of discovery by men and women with uncommon vision, grit, and fortitude. Ultimately, Christofferson arrives at a conclusion that challenges everything we thought we knew about the disease, suggesting the reason for the failed war against cancer stems from a flawed paradigm that categorizes cancer as an exclusively genetic disease. For anyone affected by this terrifying disease and the physicians who struggle to treat it, this book provides a fresh and hopeful perspective. It explores the new and exciting non-toxic therapies born from the emerging metabolic theory of cancer. These therapies may one day prove to be a turning point in the struggle against

our ancient enemy. We are shown how the metabolic theory redraws the battle map, directing researchers to approach cancer treatment from a different angle, framing it more like a gentle rehabilitation rather than all-out combat. In a sharp departure from the current “targeted” revolution occurring in cancer pharmaceuticals, the metabolic therapies highlighted have one striking feature that sets them apart—the potential to treat all types of cancer because they exploit the one weakness that is common to every cancer cell: dysfunctional metabolism. With a foreword by Dr. Dominic D’Agostino, PhD and contributions from Thomas Seyfried, PhD, author of *Cancer as a Metabolic Disease*; Miriam Kalamian, EdM, MS, CNS, author of *Keto for Cancer*; and Beth Zupec Kania, consultant nutritionist of The Charlie Foundation. “Brilliant, timely, and expertly consolidated . . . It reads like a novel and is easy to comprehend for everyone interested in the new conversation around cancer and cancer care. I recommend it to patients, family, friends, and colleagues and refer back to it often.”—Dr. Nasha Winters, ND, coauthor of *The Metabolic Approach to Cancer*

professor david agus: *The Strong Temple* Kathryn Baker, 2019-02-05 Welcome to The Strong Temple: A Woman’s Guide to Developing Physical and Spiritual Health! In a busy world of fast food, heavy traffic, and sedentary jobs, today’s Christian woman can easily allow poor habits to lower her personal wellness and rob her of the physical energy needed to meet life’s challenges and fulfill her role in carrying out Christ’s Great Commission. Author Kathryn Baker calls readers to incorporate exercise and healthful eating into daily routines, and she shows them how to do so with joy and focus. Offering biblical wisdom and practical helps, *The Strong Temple* encourages readers to run toward spiritual and physical health.

professor david agus: *Reset* Ellen Pao, 2017-09-19 The “necessary and incisive” (Roxane Gay) account of the discrimination case that “has blown open a conversation about the status of women” in the workplace (The New York Times) SHORTLISTED FOR THE 2017 FINANCIAL TIMES AND MCKINSEY BUSINESS BOOK OF THE YEAR | NAMED A BEST FALL BOOK BY ELLE AND BUSTLE In 2015, Ellen K. Pao sued a powerhouse Silicon Valley venture capital firm, calling out workplace discrimination and retaliation against women and other underrepresented groups. Her suit rocked the tech world—and exposed its toxic culture and its homogeneity. Her message overcame negative PR attacks that took aim at her professional conduct and her personal life, and she won widespread public support—Time hailed her as “the face of change.” Though Pao lost her suit, she revolutionized the conversation at tech offices, in the media, and around the world. In *Reset*, she tells her full story for the first time. The daughter of immigrants, Pao was taught that through hard work she could achieve her dreams. She earned multiple Ivy League degrees, worked at top startups, and in 2005 was recruited by Kleiner Perkins, arguably the world’s leading venture capital firm at the time. In many ways, she did everything right, and yet she and other women and people of color were excluded from success—cut out of decisive meetings and email discussions, uninvited to CEO dinners and lavish networking trips, and had their work undercut or appropriated by male executives. It was time for a system reset. After Kleiner, Pao became CEO of reddit, where she took forceful action to change the status quo for the company and its product. She banned revenge porn and unauthorized nude photos—an action other large media sites later followed—and shut down parts of reddit over online harassment. She and seven other women tech leaders formed Project Include, an award-winning nonprofit for accelerating diversity and inclusion in tech. In her book, Pao shines a light on troubling issues that plague today’s workplace and lays out practical, inspiring, and achievable goals for a better future. Ellen K. Pao’s *Reset* is a rallying cry—the story of a whistleblower who aims to empower everyone struggling to be heard, in Silicon Valley and beyond. Praise for *Reset* “Necessary and incisive . . . As Ellen Pao detailed her experiences, while also communicating her passion for the work men often impeded her from doing, I was nothing short of infuriated. It was great to see a highly accomplished woman of color speaking out like this, and hopefully this book will encourage more women to come forward, give voice to their experiences in the workplace, and contribute to meaningful change.”—Roxane Gay

professor david agus: *Your Survival Instinct Is Killing You* Marc Schoen, 2013-03-21 Thanks to technology, we live in a world that’s much more comfortable than ever before. But here’s the

paradox: our tolerance for discomfort is at an all-time low. And as we wrestle with a sinking "discomfort threshold," we increasingly find ourselves at the mercy of our primitive instincts and reactions that can perpetuate disease, dysfunction, and impair performance and decision making. Designed to keep us out of danger, our limbic brain's Survival Instinct controls what we intuitively do to avert injury or death, such as running out of a burning building. Rarely are we required to recruit this instinct today because seldom do we find ourselves in situations that are truly life-threatening. However, this part of our brain is programmed to naturally and automatically react to even the most benign forms of discomfort and stress as serious threats to our survival. In this seminal book we learn how the Survival Instinct is the culprit that triggers a person to overeat, prevents the insomniac from sleeping, causes the executive to unravel under pressure, leads travelers to avoid planes or freeways, inflames pain, and due to past heartache, closes down an individual to love. In all of these cases, their overly-sensitive Survival Instinct is being called into action at the slightest hint of discomfort. In short, their Survival Instinct is stuck in the "ON" position...with grave consequences. *Your Survival Is Killing You* can transform the way you live. Provocative, eye-opening, and surprisingly practical with its gallery of strategies and ideas, this book will show you how to build up your "instinctual muscles" for successfully managing discomfort while taming your overly reactive Survival Instinct. You will learn that the management of discomfort is the single most important skill for the twenty-first century. This book is, at its heart, a modern guide to survival.

professor david agus: *Eat to Treat* Maggie Berghoff, 2023-10-03 USA TODAY BESTSELLER A three-step plan to beat inflammation! Identify your specific type, set your lifestyle up to avoid triggers, and cook tailored recipes designed to help you heal. Functional medicine practitioner Maggie Berghoff presents a personalized, accessible approach to fighting inflammation. Using thorough questionnaires to identify your specific ailments, *Eat to Treat* prescribes a targeted plan that will help you live free of the major types of inflammation, including those triggered by hormones, digestive issues, stress, allergies, rheumatoid arthritis, and more. From easy tips for healing, eating, and detoxing, to targeted lifestyle advice, Berghoff offers the most up-to-date instructions for living your best and healthiest life based on your specific inflammation type. Inside you'll learn: - How to supercharge your immune system and feel better instantly - How to set up an anti-inflammatory pantry - Quick and easy recipes to ease your specific inflammation type - The secret ways stress attacks your system and how to fight it - The ingredients in your daily products to avoid—including how everything from your personal hygiene products to your showerhead could be affecting you - Detailed detoxes tailored to your lifestyle - Cutting-edge and easy household remedies you may have overlooked

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