

**Get Serious By Dr. Brett Osborn**

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About Dr. Brett Osborn. He is the author *Get Serious*, A Neurosurgeon's Guide to Optimal Health and Fitness, [www.drbrattosborn.com](http://www.drbrattosborn.com).

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Dr. Brett Osborn is an anti-aging physician and neurosurgeon who has performed over 1,500 spine and neck operations. He also deadlifts over 500 pounds.

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### **Dr brett osborn (author of get serious) -**

Dr Brett Osborn is the author of Get Serious (3.92 avg rating, 13 ratings, 1 review, published 2014)

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### **Bodybuilder & neurosurgeon debunks 5 training**

Jul 25, 2014 About Brett Osborn. Brett Osborn is a New York University-trained, board-certified neurological surgeon with a secondary certification in anti-aging and

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### **Dr. brett osborn - google+**

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### **Get serious: amazon.co.uk: brett, dr. osborn:**

Buy Get Serious by Brett, Dr. Osborn (ISBN: 9781940598208) from Amazon's Book Store. Free UK delivery on eligible orders.

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### **Get serious, dr. brett osborn - lifeextension.com**

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Get Serious is a great book, know that Brett Osborn is SERIOUS and PASSIONATE. He wants people to be healthy, exercise and feel better. Dr Osborn, is an educator, as

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### **Reverse aging with these 5 exercises - newsmag.com**

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If you want good health, a long life and to feel your best well into old age, the No. 1 most important thing you can do is strength-training, says Dr. Brett Osborn

### **Dr. brett a. osborn - zoominfo.com**

View Brett Osborn's business profile as Neurosurgeon at Palm Beach Neuroscience Institute and see work history, affiliations and more.

### **Dr brett osborn - today with kathie lee and hoda**

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### **Dr. brett a. osborn, do - jupiter, fl -**

Visit Healthgrades for information on Dr. Brett A. Osborn, DO. Find Phone & Address information, medical practice history, affiliated hospitals and more.

### **The best anti-aging remedy: building muscle**

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### **How to age well into your 20s, 30s, 40s, and**

The first expert Q&A from neurosurgeon and anti-aging physician Dr. Brett Osborn is below. We will be answering your questions, as this will likely be a bi-weekly

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In his book Get Serious, A Neurosurgeon s Guide to Optimal Health and Fitness, Dr. Brett Osborn shares his plan for achieving a long and healthy life and avoiding