

From the bestselling author of *The Year of Living Biblically* and *The Know-It-All* comes the true and truly hilarious story of one person's quest to become the healthiest man in the world. Hospitalized with a freak case of tropical pneumonia, goaded by his wife telling him, "I don't want to be a widow at forty-five," and ashamed of a middle-aged body best described as "a python that swallowed a goat," A.J. Jacobs felt compelled to change his ways and get healthy. And he didn't want only to lose weight, or finish a triathlon, or lower his cholesterol. His ambitions were far greater: maximal health from head to toe. The task was epic. He consulted an army of experts—sleep consultants and sex clinicians, nutritionists and dermatologists. He subjected himself to dozens of different workouts—from Strollercize classes to Finger Fitness sessions, from bouldering with cavemen to a treadmill desk. And he took in a cartload of diets: raw foods, veganism, high protein, calorie restriction, extreme chewing, and dozens more. He bought gadgets and helmets, earphones and juicers. He poked and he pinched. He counted and he measured. The story of his transformation is not only brilliantly entertaining, but it just may be the healthiest book ever written. It will make you laugh until your sides split and endorphins flood your bloodstream. It will alter the contours of your brain, imprinting you with better habits of hygiene and diet. It will move you emotionally and get you moving physically in surprising ways. And it will give you occasion to reflect on the body's many mysteries and the ultimate pursuit of health: a well-lived life.

Sensations Book One & Two: Special Edition, Surprises a Sugar Springs (Jai lu promises) (French Edition), Nathan Coulter 1ST Edition, Buddhism in the Western Himalaya: A Study of the Tabo Monastery, All I Want Is You (Forever and Ever) (Volume 1), Suttons Way, The Gift of a Year: How Give Yourself Most Meaningful Satisfying Pleasurable Year your Life,

36 quotes from Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection: A 2002 Oxford study showed counting sheep actually delays the onset of sDrop Dead Healthy: One Mans Humble Quest for Bodily Perfection: A. J. Jacobs: Books - .Amazon???????Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection?????????Amazon?????????????A. J. Jacobs?? "Anyone yearning to pursue a healthier lifestyle should read this book first! Jacobs spent two years on a quest to improve his health, one body NPR coverage of Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection by A.J. Jacobs. News, author interviews, critics picks and Drop Dead Healthy has 12525 ratings and 1662 reviews. Raeleen said: This is a well researched, paranoia-inducing, and ultimately lighthearted and infor From the bestselling author of *The Year of Living Biblically* and *The Know-It-All* comes the true and truly hilarious story of one persons quest to Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection A. J. Jacobs ISBN: 9781416599081 Kostenloser Versand fur alle Bucher mit Versand und - Buy Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection book online at best prices in India on Amazon.in. Read Drop Dead Healthy: - 5 sec[PDF Download] Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection [Read Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection Jacobss quest for bodily perfection is, like all his stunts, a quest for yuks.Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection [A. J. Jacobs] on . *FREE* shipping on qualifying offers. A New York Times Some surprising ones are effective. Drop Dead Healthy - by A. J. Jacobs Treat him or her like you would treat a friend or a loved one. attention to your bodys statistics, the greater the chance youll adopt a healthy lifestyle. The humble lobster may hold some clues to immortality, since aging doesnt inflict damage on Buy Drop Dead Healthy: One Mans Humble Quest for Bodily Perfection by A J Jacobs (ISBN: 9780099547433) from Amazons Book Store. Everyday low prices Editorial Reviews. Review. Amazon Best Books of the Month, April 2012: You may know A.J. Jacobs as the man who attempted to read the Read

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