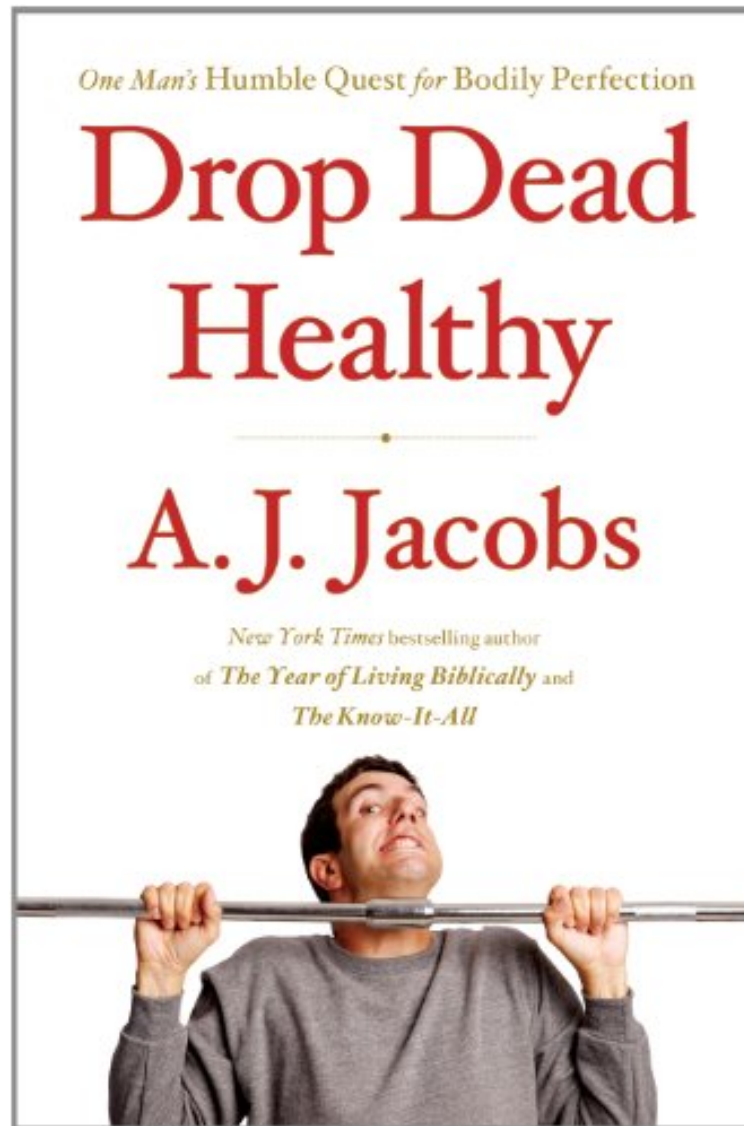


(Mobile pdf) Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection (Thorndike Press Large Print Popular and Narrative Nonfiction Series)

Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection (Thorndike Press Large Print Popular and Narrative Nonfiction Series)

A. J. Jacobs

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#2813349 in Books Thorndike Press 2012-04-20Format: Large PrintOriginal language:EnglishPDF # 1 1.20 x 5.70 x 8.50l, 1.41 #File Name: 1410447464521 pages | File size: 26.Mb

A. J. Jacobs : Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection (Thorndike Press Large Print Popular and Narrative Nonfiction Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection (Thorndike Press

Large Print Popular and Narrative Nonfiction Series):

3 of 3 people found the following review helpful. *Brawling Gravity And Entropy* By Franklin the Mouse Mr. Jacobs two-year-long story about living healthier conveys the same level of confusion we all have negotiating the myriad of options. The 41-year-old gentleman living in New York City with his wife and three little boys allows him easy access to services not available here in my state of Maine. I'm not sure if it's a good thing or a bad thing because some of the activities he tackles are unconventional and, in my humble opinion, worthless. However, it does lead to some wonderful funny observations by the author. Much of the practical health information is seamlessly intertwined with his personal adventures and delivered in a gentle self-deprecating manner. I can't recall if there's any profanity in the thing but if there is, it's minimal. Because the cover design shows the author doing a chin-up, I assumed the book focused only on exercise, but he takes a more holistic approach by covering such areas as including noise pollution; the immune system; having more sex (I'll never look at a Graham cracker the same again.); the nervous system; acupuncture; placebos; proper poop practices; managing stress; improving brain proficiency; living in a nontoxic home; teeth; sleep; the bladder; and good posture. There are a few quirky subjects such as the Quantified Self movement, Hygiene Hypothesis, Ergonomics (not a typo), and the Caveman Workout. There are amateurish black-and-white photos near the beginning of each chapter showing Mr. Jacobs's in various "health" activities. The inclusion of his interactions with his 94-year-old grandfather and Aunt Marti throughout the book were especially heartwarming and introspective. After previously reading two successive depressing/infuriating nonfiction works, 'Drop Dead Healthy' was a welcome respite. The only thing that was unnerving in it was a small excerpt describing an 1810 mastectomy that made my nipples tingle... and not in a good way. The Appendix includes a helpful synopsis of what Mr. Jacobs found valuable in his quest for better health. You could just read them and ignore the rest of the book but you'd be missing out on a lot of funny material.

2 of 2 people found the following review helpful. As entertaining as the title promises By jennpc I downloaded this book onto my Kindle before heading to Australia for a 3 week vacation. While there, I ended up in the emergency room with a situation that required admission to the hospital, then surgery. While I laid there in the hospital not going to the Great Barrier Reef, my husband brought me my Kindle and I read this book. I laughed out loud when I read the catalyst for AJ's getting healthy: he had landed in the hospital in Jamaica with pneumonia while on vacation. Immediately I felt a bond, and his book definitely helped the hours pass. AJ Jacobs writes in the same easy, conversational way he did in his other two books. In this one, he commits himself to getting healthy; and as usual, does the 360-degree research, interviewing completely opposite points of view. He dives into it 100%, doing offbeat things like running caveman-like through Central Park (one of my favorite parts), typing while on a treadmill, wearing noise reducing headphones (it was very interesting to read the various decibel levels of everyday noises). Along the way, he is inspired in different ways by his eccentric aunt, his grandfather, and his wife Julie. AJ Jacobs tackles his projects very methodically and never takes anyone's word as the last word. I did feel the book lagged a bit; maybe he got tired on the treadmill, but my sense is that it lagged because it took so long to write and there was just so much he wanted to cover that it almost overwhelmed him. I very much enjoyed it and along the way, I learned a few things. Now, I am off to eat a few walnuts.

2 of 2 people found the following review helpful. Funny Read for We Armchair Exercisers (not true - I do work out!) By Penelope De Paoli I have to hand it to Jacobs, he sucked me in. Our dentist had the book in his waiting room and I managed to read a chapter at each visit. Then the book became too compelling and too funny to put down. I had to order one of my own. Jacobs has a mighty understanding family and a great sense of fun. He subjects himself to all manner of healthy eating and acting to assess the efficacy of each program - to often hilarious result. Fun. And he learned to take better care of himself in the process.

A New York Times Bestselling Author -- Having sanctified himself in *The Year of Living Biblically* and sharpened his mind in *The Know-It-All*, A. J. Jacobs had one feat left in the self-improvement trinity: to become the healthiest man in the world. The task was massive. From the caveman workout to veganism, from the treadmill desk to extreme chewing, *Drop Dead Healthy* teems with hilarity and warmth and pushes our culture's assumptions -- and obsessions -- about what makes good health.

.com Best Books of the Month, April 2012: You may know A.J. Jacobs as the man who attempted to read the *Encyclopedia Britannica* from cover-to-cover. Or you may have been introduced to him when he spent a year trying to follow the Bible as literally as possible. He returns once again with another seemingly impossible task--that of becoming the healthiest man alive. As with his earlier books, Jacobs brings his quick wit, self-deprecating humor, and journalistic eye to the experiment. He leaves no health stone unturned: from literally running his errands and wearing noise-cancelling headphones for hours a day to rigging a desk that he can work at while walking on the treadmill (there are instructions at the end for those interested), Jacobs chronicles the good, bad, and ugly of trying to attain "perfect" health. Jacobs' writing is breezy, informational, and entertaining, and he manages to achieve the near impossible--discussing issues of health without sounding preachy. --Caley Anderson "I couldn't wait to get my hands

on this book, and once again, the brilliant A.J. Jacobs had me laughing out loud--and also deciding to change the way I live. "Drop Dead Healthy" is a rare mixture of the hilarious, the absurd, and the scientifically sound. Who knew it could be so entertaining to read about broccoli puree and shoeless jogging?"--Gretchen Rubin, author of "The Happiness Project""We can become healthier by learning from AJ's discomfort in this very funny book. He moves us from theory to practice by dragging his body through all the longevity practices."--Dr. Mehmet Oz, host, "The Dr. Oz Show""A.J. Jacobs is very, very bad for your health. He will keep you up reading til 2 a.m., disturbing your circadian rhythms, making you sleep through breakfast and overeat at lunch. He is delicious. He's habit-forming. He will give you infectious titters and terminal glee. Don't let that stop you. Indulge."--Mary Roach, author of "Bonk "and "Packing for Mars""Can one man go from a 'python that ate agoat' physique to perfect specimen? From Roman soldier workouts to Areca palm plants, from the sublime to the absurd, AJ has tried it all. I laughed my ass off the wholeway and learned a ton ... including about my ass."--Timothy Ferriss, author of "The 4-Hour Workweek""You'll burn calories laughing out loud."--"Shape""While Jacobs's attempts at health enlightenment can be hilarious, visits with his grandfather, famed labor lawyer Theodore Kheel, provide the most revealing glimpse into the secrets of aging well."--"More""Who wouldn't want to be fitter, happier, more productive? In this riotous, madcap book, A.J. Jacobs sets himself an ambitious goal: to become the person we all wish we could be. It's vintage A.J. Do your future self a favor and read this book." --Joshua Foer, author of "Moonwalking with Einstein""Can one man go from a 'python that ate a goat' physique to perfect specimen? From Roman soldier workouts to Areca palm plants, from the sublime to the absurd, A.J. has tried it all. I laughed my ass off the wholeway and learned a ton ... including about my ass."--Timothy Ferriss, author of "The 4-Hour Workweek""Jacobs' light touch camouflages the impressive amount of research that goes into each chapter. He reads books and medical reports, interviews experts and scientists as well as enthusiasts on the fringe, then tries everything himself. He brings a skeptic's eye to each point of view, but he remains respectful of even the wackiest ideas... Yes, the results are funny, but this is, at heart, a serious book, with an underlying poignancy: As Jacobs works to get healthier, his beloved grandfather begins his slow decline, reminding us that no matter how healthy we are, it's all going to end the same way."--Laurie Hertzl, "The Minneapolis Star Tribune""His pursuit of perky pecs is sure to enlighten, but read it at your own risk: Side effects may include involuntary fits of laughter." --"Spirit" (Southwest Airlines Magazine)"You'll exercise your abdominals laughing over his adventures."--"Entertainment Weekly""Why go to the gym when you can sit and read a funny book about it instead?"--USA Today"About the AuthorA.J. Jacobs is the author of the New York Times bestsellers The Know-It-All, The Year of Living Biblically, and The Guinea Pig Diaries. He is the editor at large of Esquire magazine, a contributor to NPR, and has written for The New York Times, The Washington Post, and Entertainment Weekly. Visit him at AJJacobs.com.