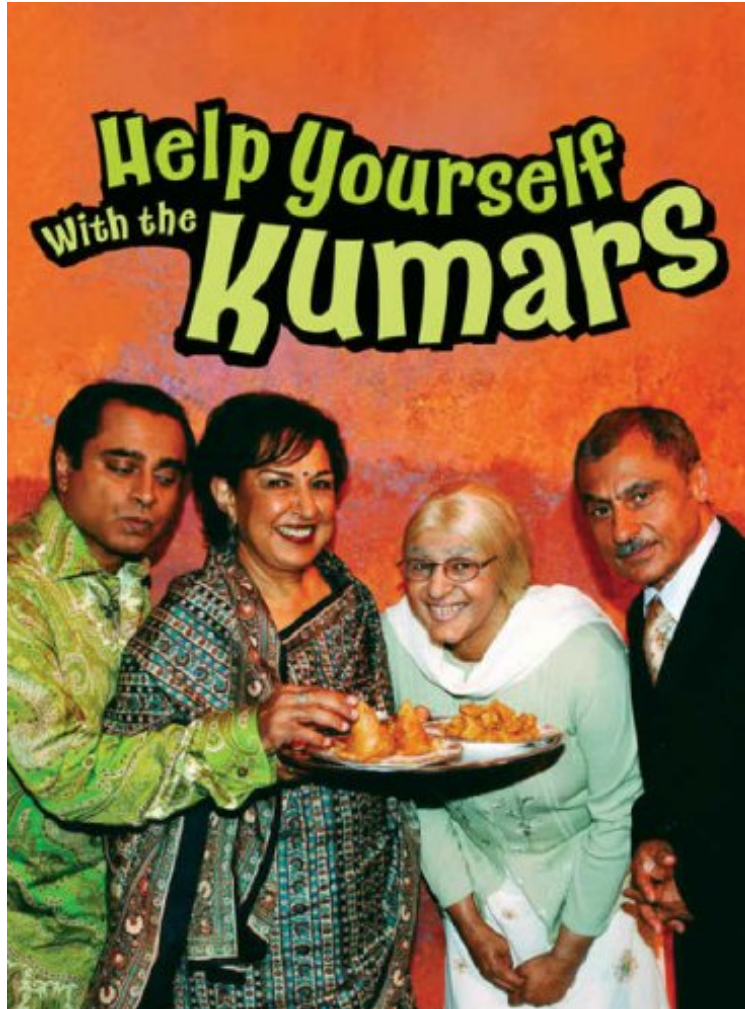


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Help Yourself with the Kumars

Sanjeev Bhaskar

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Sanjeev Bhaskar : Help Yourself with the Kumars before purchasing it in order to gage whether or not it would be worth my time, and all praised Help Yourself with the Kumars:

'Help Yourself with The Kumars' is the Kumars' very own self-help guide to improving your life so you can be just as successful, rich and popular as the Kumars themselves. Well, nearly. There's only so much you can get from a book, after all. In there you will find Ummi's tips for older people on how to keep the mind agile: the Indian version of Su Doku, So Don't Que, is particularly effective at Argos; while the Kumar Sutra gives some great ideas on spicing up your sex life. Like Sanjeev, you might be wondering how you can fight off the ladies. He shows how you can ensure that you're never tied down by making them leave you. His helpful advice on the best chat-up lines will inspire many

(though not necessarily any women). Of course, Mum gives vital tips on how to keep the family house tidy - don't forget to start with the outside of the house by cleaning the bricks - before working on the inside. Dad volunteers (and try to stop him) his experiences on DIY, business matters and buying a car that will ensure you can look your fellow man in the eye at all times. Packed with specially shot images and hilarious advice, this is a must-have for any fan of The Kumars at No 42. If you want to make your life more meaningful, buy a book on Tai Chi. But if you want to know how to serve snacks to Richard and Judy or how to flirt with Jane Seymour while eating a bacon sandwich, this book is a piece of literature gold.

About the Author Ashwin and Madhuri Kumar came to England in the 1960s with absolutely nothing and had many adventures. These came to an abrupt end when their son, Sanjeev, was born and they were then joined by Ashwin's mother Sushila, known to all as Ummi. The Kumars built their son a TV studio in the back garden of their Wembley house and the rest is history. They still hope their son will meet the right woman and settle down.