



Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection (Paperback)

By A. J. Jacobs

Cornerstone, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. After sharpening his mind in *The Know-It-All* and achieving spiritual enlightenment in *The Year of Living Biblically*, A.J. Jacobs had only one thing left to tackle in the self-improvement trinity: the body. But his mission wasn't just to lose a couple of pounds, but to turn his current self - a mushy, easily winded, moderately sickly blob - into a paragon of health and vitality. Armed with a team of medical advisers and a 53-page task list, Jacobs set to work. He subjected his body to a brutal regime of exercise programmes - extreme chewing, anti-gravity yoga and shoeless jogging to name only a few; sampled every miracle diet going, beginning with the coffee, booze and chocolate plan through the Rastafarian diet to raw foodism; as well as sharpening his eyes and mind, testing every known method, and the patience of his long-suffering wife, in his quest to become as healthy as humanly possible. *Drop Dead Healthy* is a hilarious account of one man's painful journey from slob to superman, and a fascinating and eye-opening examination of what it really means to be healthy. Revealing...



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