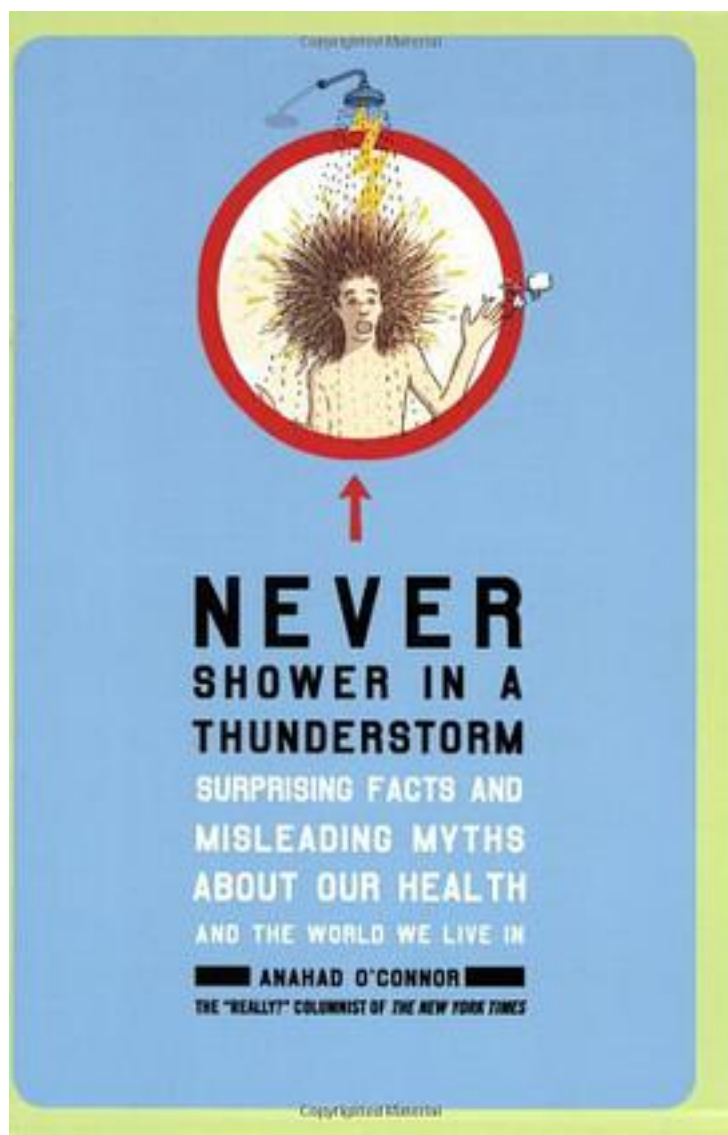


# Never Shower in a Thunderstorm



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著者:Anahad O'Connor

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The New York Times’ s intrepid health reporter investigates the truth about sex, eating, exercise, and other health conundrums For more than two years, the New York Times’ s science and health columnist Anahad O’ Connor has tracked down the facts, fictions, and occasional fuzziness of old wives’ tales, conventional-wisdom cures, and other medical mysteries. Now in this lively and fun book, he opens up his case files to disclose the experts’ answers on everything, from which of your bad habits you can indulge (yo-yo dieting does not mess up your metabolism and sitting too close to the television does not hurt your eyes) to what foods actually pack the punch advertised (you can lay off the beet juice!).

A compendium of answers to the curious and nagging questions of how to keep healthy, *Never Shower in a Thunderstorm* will provide guidance and amusement to anyone who has ever wondered if the mosquitoes really are attacking her more than everyone else. (Yes, they are.)

作者介绍:

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评论

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书评

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《别在暴风雨天气里洗澡》，是纽约时报的“是真是假”专栏的作家Anahad O'Connor新近出版的一本好书，诚如该书副标题里所写的：“关于我们的健康和我们的

生活其中的世界的惊人事实与骗人传言”所揭示的，它回答了我们大多人都想到的一些有趣话题。比如 “距离过...

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