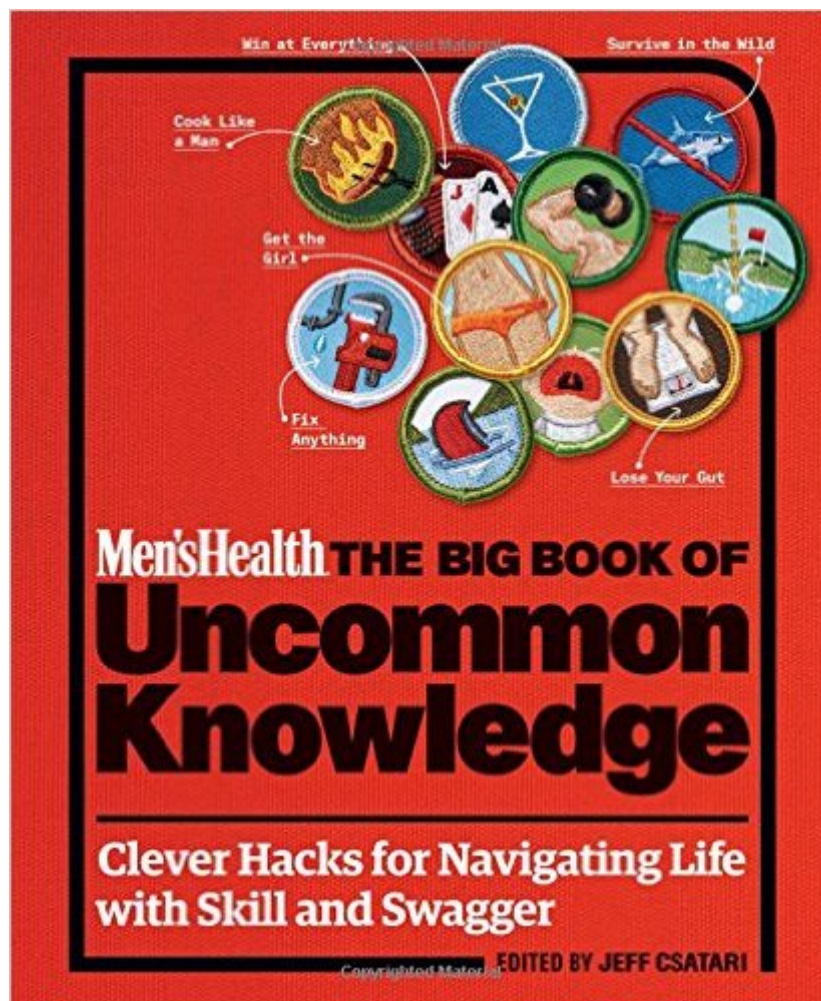


The book was found

Men's Health: The Big Book Of Uncommon Knowledge: Clever Hacks For Navigating Life With Skill And Swagger!



Synopsis

Men's Health The Big Book of Uncommon Knowledge combines thousands of DIY tips, bits of advice, how-to articles, and other skills a modern man must master to be the best he can be and have a good laugh while doing it. The ultimate insider's guide to everything, this book is a treasure trove of career advice; sex tips; and instructions for mastering the power handshake, losing 15 pounds, wooing a girl (or a rainbow trout), surviving a bear attack (or a nasty divorce), dressing for success, cooking the perfect steak, paddling a canoe straight, curing a hangover, troubleshooting a car, changing a diaper with one hand, and more!

Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (20 customer reviews)

Best Sellers Rank: #212,194 in Books (See Top 100 in Books) #260 in Books > Health, Fitness & Dieting > Men's Health > General #4898 in Books > Self-Help > Personal Transformation #55067 in Books > Reference

Customer Reviews

Never knowing what to get my son-in-law for Christmas, I found this book and ordered it for him. It is such an interesting book with such a variety of information that it would be appropriate for anyone, male or female. It turned out to be the very best gift! Thanks for making such a great book that will be a hit for anyone to receive. I am considering ordering another one for myself.

If, as men, our masculinity is based on the sum total of our competencies, then this book is for the making of super-men. It's a vast compendium of brief how-to instructions, allowing you to learn how to tie a knot, make a fire, row a canoe, and open a beer bottle without an opener -- all in just a few pages. Lest you think this book is just about "outdoorsy" or "macho stuff," it's not exclusive to those domains. Being a "real man," according to the guys at Men's Health, is also about knowing how to entertain a baby (if only for a few hours) and dress well in any context. The book is broken up into

various sections, so you learn about outdoor survival in one, everyday/around-the-house stuff in another, issues relating to the ladies in another, and sport stuff in another. If you read Men's Health at all, or see their videos and supplements online, you won't be surprised that the workout section of the book is among the strongest. The workouts are hard-core and inventive, including all kinds of bodyweight workouts and things you can do with nothing but a chair and some determination. As you can see in my pictures, the book also has a great design and layout. It jumps around a lot, but in a good way, and gives you the chance to "read" in the ordinary way, then scan an info-graphic, then read through some illustrative images after that. So it's both fun to read because of what the book is about and how it's put together. If you're into learning how to do stuff, this book is for you. As someone who sees myself as pretty proficient in many areas, I still learned a lot reading through this book. The "how to win at anything" section really taught me a few things, as it turns out there are hidden techniques for winning just about every common game -- even rock/scissors/paper. Who knew?

I purchased this during a Lightning Sale promotion because I am a Men's Health subscriber and find the various tips and hacks included in various issues to be either useful, interesting or both. I have found the purchase to be one I am happy I made. The hardcover copy has a quality cover binding with the inside pages having the feel of those childhood activity books that they used to sell in the drug store for long car rides before the term "screen time" became a thing that kids would covet. Nostalgic. Not glossy. Check. Before my purchase I pondered "why would I purchase a book like this, when.. Google?". Pausing a moment, I then considered: "Hmmm... I wonder what advice it might have that I didn't even know to ask about?" The Art of Manliness blog meets LifeHacker distilled down by Men's Health? Being a Prime member who probably plunges in quicker than I should with purchases sometimes, I gave it a shot. Content wise, it has a great range of topics and is easy to understand. There are a few typos here and there so I assume this is a first edition but they do not detract from the tips and advice doled out throughout the book. Turns out there were a few shortcuts and tips that my dad, friends and uncles did not learn through our amassed years of wisdom! Who knew? I recommend this purchase both for a casual read as well as a useful reference to have around the house. Gift it to yourself and enjoy!

I am an avid reader of a men's health magazine and this book like all the other books is amazing it's a wealth of information

This is an amazing book, great little hints for a nice life.

A fun book to read. Loads of information. I'm pretty sure that one of these days I'm going to be very glad I read this book.

Fantastic book - I bought many for my friends for Christmas and they can't stop talking about it.

Fun book. Lots of good information and tips from Mens Health Magazine.

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Your completely delicious guide to eating well, looking great, and staying lean for life! The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Simon, Harvey B. unknown Edition [Paperback(2004)] The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Don't Give Up...Don't Ever Give Up: The Inspiration of Jimmy V--One Coach, 11 Minutes, and an Uncommon Look at the Game of Life

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