



The Know-It-All's Guide to Life: How to Climb Mount Everest, Cure Hiccups, Live to 100, and Dozens of Other Practical, Unusual, or Just Plain Fantasti

John T. Walbaum

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With wit and brevity this book contains useful advice on personal finance, health, sports, travel, automobiles, careers, and food. For example, in just six pages you will learn how to negotiate with a contractor. Consider some of the other facts brought to light in The Know-it-all's Guide to Life:

- o Eating chocolate before bedtime can disrupt your sleep.
- o 40 percent of totaled cars are fixed up and resold to unsuspecting buyers.
- o You can acquire a genuine British title of nobility for as little as \$5,000.
- o By writing just one letter, you can eliminate most of the junk mail you receive.
- o You can lose weight by chewing sugarless gum.
- o You need to own at least 20 different stocks to have a well-diversified portfolio.
- o You will improve your recall if you skim written material first, then read it through completely.
- o Mashed potatoes and gravy are a healthier fast food choice than french fries.

Whether you are a do-it-yourselfer or just intellectually curious, this book is the ultimate guide to modern life.

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