

MICHAEL O'MARA BOOKS

Don't Go To Work on Mondays

By Anahad O'Connor

ALMOST EVERYTHING YOU KNOW IS WRONG!

The media is flooded with shock reports on our health every day: don't eat this; don't do that. But many of these medical myths are complete fallacies.

Anahad O'Connor, the *Really?* columnist for the *New York Times*, addresses our many misconceptions about our world – and our own bodies – and answers all your burning questions in an accessible and entertaining style. You can discover the answers to questions including:

- Does cutting your hair make it grow thicker?
 - Is chocolate an aphrodisiac?
 - Will having sex before sports hinder your performance?
 - Does muscle convert to fat when you stop working out?
 - Is running bad for your knees?
 - Can green tea help you lose weight?
 - Does celery really have negative calories?
 - Is eating fish good for the brain?
 - Is it all that bad to drink on an empty stomach?
 - Do toilet seats spread germs?
 - Is a cold contagious before symptoms appear?
 - Does cranberry juice prevent urinary tract infections?
 - What are those white spots on your fingernails?
 - Is chicken soup really good for a cold?
 - Does cracking your knuckles cause arthritis?
 - Do mobile phones really cause cancer?
 - Do you lose most of your body heat through your head?
 - Is too much sleep bad for you?
 - Is yawning contagious?
 - Should you treat a snake bite by sucking out the venom?
 - Can antioxidants keep your heart healthy?
- Why shouldn't you go to work on Monday?

Media Opportunities

- Serial and extract rights are available - bust medical myths and amaze your readers
- Mini series / column solving health riddles
- Author interview
- Reader discount offers
- Competition prize copies available

Michael O'Mara Books Limited is distributed in the trade by:
Littlehampton Book Services, Faraday Close, Durrington, Worthing, West Sussex BN13 3RB.
Orders t: 01903 828 800 f: 01903 828 802 email: orders@lbsltd.co.uk



ISBN: 978-1-84317-271-0

HB • £9.99

Publication date: September 07

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Anahad O'Connor was born and raised in New York. He studied Psychology at Yale University where he wrote for his college newspaper. After graduating, he began working for the *New York Times* and is now the newspaper's *Really?* columnist, writing on topics ranging from health to immigration. *Don't Go to Work on Mondays* is his first book.



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