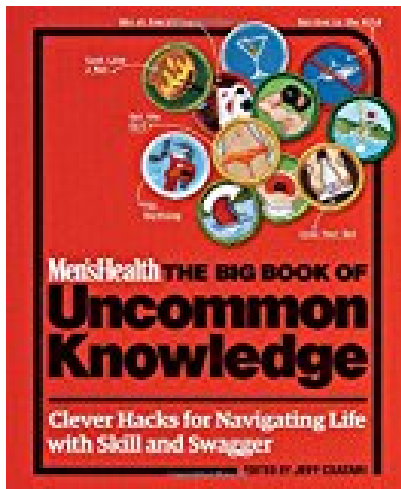


# Mens Health The Big Book of Uncommon Knowledge Clever Hacks for Navigating Life with Skill and Swagger!

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## BOOK DETAILS

- Author : Mens Health Editors
- Pages : 304 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623365155



## **BOOK SYNOPSIS**

Based on the wildly popular monthly feature "Uncommon Knowledge" in Mens Health magazine, this book is the ultimate reference guide for the man who wants to know how to do everything better. Its a treasure trove of tips, advice, secrets, and wisdom like . . . how to survive a bear attack (or a divorce), grow a salad, woo beautiful women, take a punch, build a tree house, make a signature cocktail, win at anything, whistle with your fingers, talk your way into a raise or out of a ticket, rescue a fair maiden, patch a hole in drywall, catch and cook a bass, lose weight fast, build muscle faster, start a fire with a flashlight . . . Plus: bar tricks, diet hacks, grilling tips, rules for building wealth, sex advice from women, exercises for 6-packs, 10 uses for beer besides drinking, and much, much more! Its everything men should have learned from their dads and favorite uncles, but didnt.

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