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## Science for Life: A Manual for Better Living

By Brian Clegg

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Science for Life: A Manual for Better Living, Brian Clegg, In Science for Life acclaimed science writer Brian Clegg cuts through the vested interests and confusing contradictory statements that litter the media and the internet, to give a clear picture of what science is telling us right now about changing our lives for the better. Discover the much-advertised antioxidants that aren't good for you, the truth about fat and sugar and why one of the healthiest foods contains carcinogens and 21 E-numbers. Find out what does and what doesn't enhance brainpower - from the failure of playing Mozart to babies to the surprising abilities of caffeine and nicotine. Understand the tools that advertisers use to persuade us and how to turn the psychological pressure back on them. From the shortcomings of the five second rule to the truth about phone masts and nuclear power, kept up-to-date on a partnering website, Science for Life is your guide to surviving and thriving in the modern world.



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