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Author AJ Jacobs on his audiobook, DROP

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At Worship - Nov 22,  
2020 9am~~

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favorite succulents:  
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hilarious account of one

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man's painful journey from slob to superman, and a fascinating and eye-opening examination of what it really means to be healthy. Revealing the ugly truth about the assumptions and obsessions we have about our bodies, this might just be the healthiest book you'll ever read.

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Quest For  
Bodily

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Drop Dead Healthy:  
One Man's Humble  
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In this one, he decides  
to become the world's  
healthiest man by  
focusing on different  
aspects of his body and  
improving them.

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Obviously he changes his diet and exercise habits (as in, he begins to exercise) but he also does things like use moisturizer and apply sunscreen, have sex more often, and change what he uses to clean his home and laundry (there are many, many more changes).

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Drop Dead Healthy  
teems with hilarity and  
warmth and pushes our  
cultures assumptions  
about and obsessions  
with what makes good  
health, allowing the  
reader to reflect on his  
or her own health, body,  
and eventual  
mortality"-- Provided by

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publisher. "One mans  
comedic journey to  
discover how to live as  
healthfully as possible"--  
Provided by publisher.

## Perfection Aj

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Drop dead healthy : one  
man's humble quest for  
bodily ...

Having achieved  
enlightenment in the  
critically acclaimed The  
Year of Living Biblically

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and sharpened his mind in *The Know-It-All*, bestselling author A.J. Jacobs had one feat left in the self-improvement trinity: to make over his body and become the healthiest person in the world. He assembled a team of expert medical advisers.

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Drop Dead Healthy:

*Page 16/29*

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One Man's Humble  
Quest for Bodily ...  
From the bestselling  
author of The Year of  
Living Biblically and  
The Know-It-All comes  
the truly hilarious story  
of one person ' s quest  
to become the healthiest  
man in the world.  
Hospitalized with a  
freak case of tropical  
pneumonia and  
ashamed of a middle-

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aged body best  
described as “ a python  
that swallowed a goat, ”  
A.J. Jacobs felt  
compelled to change his  
ways and get healthy.

## Jacobs

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Bodily Perfection by A.

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Bodily  
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In Drop Dead Healthy,  
author A.J. Jacobs  
attempts to become the  
healthiest man in the  
world. Structuring his

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life around a deluge of  
diets and fitness  
regimens that often  
contradict each other,  
he...  
Bodily

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Perfection , the intrepid  
Esquire editor-at-large

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explores every aspect of the body, from biceps to the brain, from testosterone to toenails, to get into shape. A self-described ‘ mushy, easily-winded, moderately sickly blob ’ Jacobs, at the urging of his family, vowed to retool every part of his long-neglected body.

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assumptions and  
obsessions we have  
about our bodies, this  
might just be the  
healthiest book you'll  
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## Jacobs

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Russell: A 41-year-old  
writer faces his own  
mortality through an  
illness, and decides to  
apply the best available  
information to become  
the healthiest man in the  
world. Welcome to  
ReachMD Book Club.  
I'm your host, Dr. John  
Russell, and I'm joined  
by AJ Jacobs, author

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