

YOU'RE DOING IT WRONG!

HOW TO IMPROVE YOUR LIFE BY
FIXING EVERYDAY TASKS

YOU (and Everyone Else)
ARE TOTALLY SCREWING UP

Lee Thornton

You're Doing It Wrong!: How to Improve Your Life by Fixing Everyday Tasks You (and Everyone Else) Are Totally Screwing Up, Lee Thornton, Adams Media, 2012, 1440545243, 9781440545245, 224 pages. Not Getting the Results You Want? Probably Because You're Doing It Wrong! You brush your teeth twice a day. You serve red wine at room temperature. You treat stains on whites with bleach. You're doing everything by the book, so it must be fine, right? Wrong! From drinking coffee and tipping at restaurants to riding your bike and treating your hangovers, years of bad advice and common misconceptions have led to a lifetime of erroneous doings. Even the simplest, most common tasks are done incorrectly every day by almost everyone, and chances are - whatever you're doing - you're doing it wrong too. But it's okay. **You're Doing It Wrong!** will teach you how to do it all right..

Foundation (Enhanced Edition) Redefine Your Core, Conquer Back Pain, and Move with Confidence, Eric Goodman, Peter Park, May 10, 2011, Health & Fitness, 274 pages. This ENHANCED EDITION of **Foundation** includes 10 original videos created exclusively for the enhanced eBook edition, featuring exercise demonstrations for proper form and

A Miscellany of Murder From History and Literature to True Crime and Television, a Killer Selection of Trivia, The Monday Murder Club, Sep 15, 2011, Reference, 256 pages. Why do they call Adelaide, Australia the "City of Corpses"? How many people did Agatha Christie kill with her pen? And what did Edgar Allen Poe, America's first murder mystery

The Miracle Diet Lose Weight, Gain Health... 10 Diet Skills, Susan Ford Collins, Oct 13, 2012, Health & Fitness, 260 pages. Why is this diet book different? Diets fail not because you don't know what or how much to eat. Diets fail because it takes 10 Diet Skills to overcome the challenges of

7, David M. Eastis, Dec 18, 2010, Reference, 224 pages. It connects the Bible and the Torah and the Koran. It's a common thread that runs through world geography, American history, and human physiology. It's also quite handy if you

Planet Cancer The Frequently Bizarre Yet Always Informative Experiences and Thoughts of Your Fellow Natives, Heidi Schultz Adams, Christopher Schultz, Sep 1, 2010, HEALTH & FITNESS, 272 pages. **Planet Cancer** is an honest, down-to-earth guide to living in this new world, from Diagnosis to Post-Treatment. Each chapter is informed by **Planet Cancer's** voice—authoritative

Nature's Ways Lore, Legend, Fact and Fiction, Ruth Binney, Oct 27, 2006, Reference, 256 pages. Trying to understand the ways of the natural world has been a human preoccupation since the earliest times. The knowledge of which animals were helpful and which were dangerous

We Call It Living, Ellen Frost, Feb 18, 2011, Poetry, . The book is a collection of poems all unique and all telling their own story..

The Smart Girl's Handbook to Being Mummylicious, Christine Amour-Levar, 2012, Health & Fitness, 112 pages. Do you know someone who has put off pregnancy because she is worried about weight

gain, going out of shape or simply losing the quality of her life? Fret not, an exciting new

The Intellectual's Checklist , Richard J. Wallace, James V. Wallace, Oct 18, 2011, Reference, 272 pages. Can you name: All five movements of Beethoven's Missa solemnis. Check. The films that Kurosawa based on Western works. Check. Dante's Nine Circles of Hell. Check. If so, you're

Now You Know Big Book of Answers 2 , Doug Lennox, 2008, Reference, 502 pages. Doug Lennox serves up a mammoth selection of some of his most cherished Q&As culled from his previous books. Also featured in this wide-ranging compendium are 150 brand-new

The Nature Guard, Issue 4; Issues 22-77 , , 1910, , . .

Essential Shit - Bollocks Why Didn't I Think of That , Anthony Rubino Jr, Apr 1, 2012, Reference, 84 pages. From the invention of the electric chair to the less offensive post-it note, "Bollocks! Why Didn't I Think of That?" features 101 clever inventions we could no longer imagine

The First Book of Seconds 220 of the Most Random, Remarkable, Respectable (and Regrettable) Runners-Up and Their Almost Claim to Fame, Matthew Murrie, Steve Murrie, Oct 18, 2010, Reference, 240 pages. Susan Lucci, Al Gore, and the Buffalo Bills all received top billing by coming in second. But that's not normally the case--most runners-up dwell in obscurity. Finally, there's

PUSH (Enhanced Edition) 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!, Chalene Johnson, Dec 20, 2011, Health & Fitness, 320 pages. Fitness superstar Chalene Johnson creates a revolutionary 30-day system that will allow readers to transform their bodies, their diets, and their lives! Chalene Johnson built a

