



The Good News About What's Bad for You . . . The Bad News About What's Good for You

Jeff Wilser

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Eat more steak, drink more whiskey, take more naps, lay off all the kale, and throw out your multivitamins and standing desk. In *The Good News About What's Bad For You...The Bad News About What's Good for You* author Jeff Wilser shares all the research that allows you to celebrate all your vices and stop feeling bad about not brushing your teeth after eating that extra slice of cake.

This book has two sides to it: one sharing all the good news, then the flip side contains all the bad news, making this the perfect gift that people will want to share and commiserate over with friends.

Told with wit, charm, and a large dose of humor, the author sprints through a broad range of topics-from coffee to green tea, tequila to Vitamin Water, to apologizing and swearing. Wilser sifts through each study to reveal everything from the merits of procrastination to the downsides of yoga.

In an age where so many people bend over backwards in pursuit of the most healthy and "pure" lifestyle, *The Good News/The Bad News* reminds readers to stop denying yourself pleasure and brings back to the tried-and-true golden rule of "everything in moderation."

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Freddy Lamberth:

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