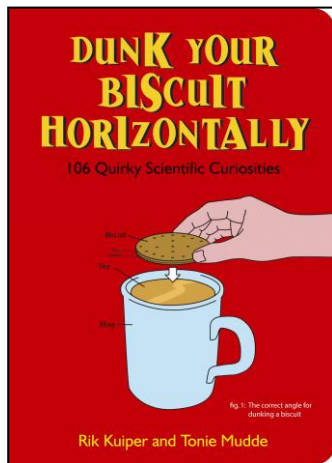


Summersdale New Book Press Release
**106 crazy DOs and DON'Ts for surviving modern life:
all supported by real (if bizarre) scientific research**
PUBLICATION DATE: 21 June 2010



Dunk Your Biscuit Horizontally

106 Quirky Scientific Curiosities

Rik Kuiper & Tonie Mudde

ISBN: 978 1 84953 053 8 Paperback 128 pages £7.99 June 2010

An instant best-seller in The Netherlands, now being published in the UK – this book contains and explains a most curious collection of tips for your health, career, happiness and love-life ... all backed up with published scientific data.

- **Don't marry a teacher**
- **Do look at other men and get more powerful sperm**
- **Don't wear glasses if you're on the pull**
- **Do eat chocolate if you're suffering from diarrhoea**
- **Don't use duct tape on warts**
- **Do ask for a rectal massage to cure your hiccups**
- **Don't speak dialects with your children**
- **Do sit in the middle to seem more intelligent**
- **Don't get a nipple piercing and definitely not a Prince Albert**
- **Do shake your milkshake longer and get thinner**
- **Don't grill aubergines if you care about your teeth**
- **Do sniff through your right nostril to make everything smell nicer**

Based on international scientific research (all of which is fully referenced) but presented in a tongue-in-cheek style, this book reveals startling truths guaranteed to change your life – or at least make you popular at dinner parties. Fascinating and often hilarious, it will open your eyes to the quirky science behind our everyday lives. Discover the best time of day to be operated on, how kissing is good for hay fever, which cheese to serve with bad wine – plus many other tips for work and home, for eating and drinking and for a better love life.

Authors, Rik Kuiper and Tonie Mudde are Dutch journalists and editors of *Quest*, Holland's most popular magazine with over one million readers. They both studied at Delft University of Technology and have received numerous awards for their writing.

Dunk Your Biscuit Horizontally is published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.

To request review copies or to be put in touch with the authors please contact Elly Donovan.



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