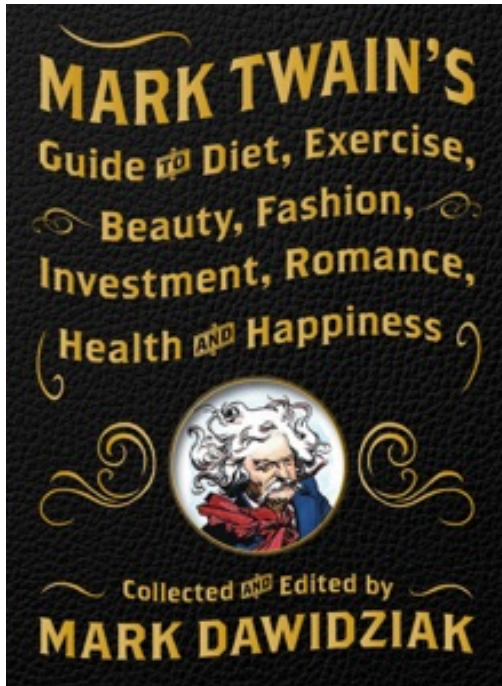


# Mark Twain's Guide To Diet, Exercise, Beauty, Fashion, Investment, Romance, Health And Happiness Read EBooks PDF English Mark Dawidziak



Mark Twain's Guide to Diet, Exercise, Beauty, Fashion, Investment, Romance, Health and Happiness download or read online Mark Dawidziak PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, "Here is the master in all of his certainty, humor, and undertow"—this book "wonderfully underscores how contemporary Mark Twain is and always will be" (Ken Burns).

Curated by a noted Mark Twain scholar who mined many of his lesser-known texts, speeches, and notebooks, this collection presents the best of the curmudgeonly author's thoughts on many of life's endeavors and distractions—from diet and exercise to medicine, smoking, drinking, romance, parenting, old age, fashion, finances, politics, and stress management.

Always entertaining and unapologetically honest, Twain's sage advice for the ages will leave you laughing—and might even inspire you to rethink that plan to give up gluten and join a CrossFit class.

**On politics:** "Suppose you were an idiot. And suppose you were a member of Congress. But I repeat myself."

**On happiness:** "There is no sadder sight than a young pessimist, except an old optimist."

**On parenthood:** "Familiarity breeds contempt—and children."

**On exercise:** "I have seen slower people than I am . . . and even quieter, and more listless, and lazier people than I am. But they were dead."

**On stress management:** "Let us swear while we may, for in Heaven it will not be allowed."

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