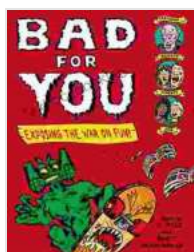


Bad For You: Exposing the War on Fun



Bad for You: Exposing the War on Fun! by Peter Godfrey-Smith

★★★★☆ 4.5 out of 5

Language : English

File size : 168402 KB

Screen Reader : Supported

Print length : 192 pages



In a world that is increasingly obsessed with health and safety, it's easy to forget that one of the most important things in life is fun. We're constantly being told that we should be eating healthy, exercising, and getting enough sleep. But what about the things that make us happy? What about the things that make us laugh and smile? What about the things that help us forget about our troubles for a while?

In his new book, *Bad For You*, David Zinczenko argues that we've been waging a war on fun for centuries. He traces the roots of this war back to the Puritans, who believed that anything that was enjoyable was inherently sinful. This belief has been passed down through the generations, and it's still with us today. We see it in the way we talk about food, exercise, and even sex. We're constantly being told that we should be doing things that are good for us, even if we don't enjoy them.

Zinczenko argues that this war on fun is having a devastating impact on our society. He says that it's making us more stressed, anxious, and depressed. It's also making us more isolated and less connected to each

other. We're so busy trying to be healthy and perfect that we're forgetting how to live.

Zinczenko's book is a call to arms. He urges us to reject the war on fun and to start enjoying ourselves again. He says that we need to make time for the things that make us happy, even if they're not good for us. We need to laugh, we need to play, and we need to connect with each other. We need to remember that life is short, and that we should all be enjoying it as much as we can.

Bad For You is a timely and important book. It's a reminder that fun is essential for our well-being, and that we should never let anyone tell us otherwise.

About the Author

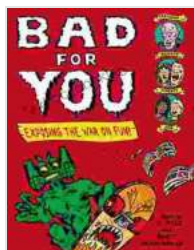
David Zinczenko is a New York Times bestselling author and the former editor-in-chief of *Men's Health* magazine. He is a leading expert on nutrition, fitness, and men's health. He lives in New York City with his wife and two children.

Praise for *Bad For You*

"*Bad For You* is a much-needed wake-up call. Zinczenko shows us how the war on fun is making us sick, and he offers a prescription for a happier, healthier life." — Dr. Mehmet Oz

"*Bad For You* is a must-read for anyone who wants to live a long, healthy, and happy life." — Dean Ornish, MD

"Zinczenko's book is a welcome reminder that fun is essential for our well-being. We need to make time for the things that make us happy, even if they're not good for us." — Arianna Huffington



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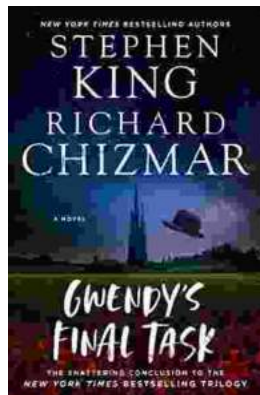
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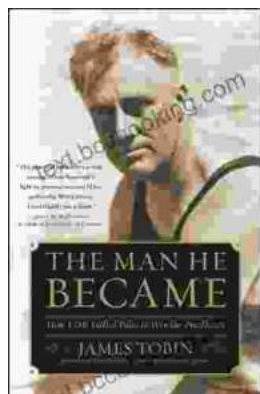
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