



Never Wake A Sleep Walker Really? A Quiz Deck on Common Myths (and Facts!) About Your Health Knowledge Cards Deck

Pomegranate, Anahad O Connor

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Is it true that bedtime snacks make you fat, and grilled meat can cause cancer? Can you diagnose a stroke with three quick questions? Are your elder siblings really smarter than you? In this deck of 48 Knowledge Cards, Anahad O Connor author of the popular New York Times column *Really?* and the book *Never Shower in a Thunderstorm* explores these questions and more in a lively Q&A format. The front of each card presents a popular belief about food, exercise, an ailment, a folk remedy, or another timely health topic; the back provides a thoughtful, well-researched response. Informative and entertaining, *Never Wake a Sleepwalker . . . Really?* tackles today's medical mysteries and separates fact from fiction, with a healthy dose of humor.

Deck size: 3 1/4 x 4 inches. Written by Anahad O Connor, The New York Times.

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