The Germ Freak’s Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World

By Allison Janse, Charles Gerba

Health Communications. Paperback / softback. Book Condition: new. BRAND NEW, The Germ Freak’s Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World, Allison Janse, Charles Gerba, Just in time for cold and flu season comes this fun, funny and imminently practical guide to the fine art of germ avoidance. Admit it, you either are one or you know one: a person who prefers the scent of Purell to perfume, hates public restroom toilets and pushes elevator buttons with their elbow. In a word (well, two), a “Germ Freak.” Well guess what-they’re right! In the bestselling tradition of the The Paranoid’s Pocket Guide and The Worst Case Scenario Handbook, Allison Janse-a committed Germ Freak-gives readers the lowdown on how to avoid the common cold and survive flu season with your health and sanity intact. This is the practical information your doctor won’t give you (they always say not to worry and may be giving you the latest bug by not washing their hands when they examine you!), but which you’re almost literally dying to know, such as: How clean is my office desk? (In terms of germs, it’s better to...

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Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.
-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- Zachery Mertz
Other Books

You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most
Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...

DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks
DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks, Andrew Donkin, Linda Martin, From blizzards and glaciers on the world's highest peaks to the challenge of free...

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Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of getting along with and disciplining children, but...

George Washington's Mother
Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, George Washington's Mother, Jean Fritz, DyAnne DiSalvo-Ryan, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and reading comprehension. The Picture Readers, appropriate for...

Frances Hodgson Burnett's a Little Princess
Penguin Young Readers Group. Paperback / softback. Book Condition: new. BRAND NEW, Frances Hodgson Burnett's a Little Princess, Deborah Hautzig, N/A, Natalie Carabetta, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and reading comprehension....

The Mystery on the Great Wall of China
Gallopade International. Paperback / softback. Book Condition: new. BRAND NEW, The Mystery on the Great Wall of China, Carole Marsh, Mimi, Papa, Grant, and Christina are headed to China in Papa's little red and white airplane, The Mystery Girl. Thousands of miles...
If you hate public restrooms, touching elevator buttons or doorknobs, and go through Purell like a house afire, then GERM FREAK’S GUIDE TO OUTWITTING COLD AND FLU: GUERILLA TACTICS TO KEEP YOURSELF HEALTHY AT HOME, AT WORK AND IN THE WORLD defines you. The Germ Freak's Guide to Outwitting Colds and Flu: Guerilla Tactics to Keep Yourself Healthy at Home, at Work, and in the World. Idioms browser? Just in time for cold and flu season comes this fun, funny and imminently practical guide to the fine art of germ avoidance. Admit it, you either are one or you Free shipping over $10.Â I didn't know why I didn't like buffets, but after reading "The Germ Freak's Guide to Outwitting Colds and Flu" I have a clearer understanding. Janse claims that food is not kept hot enough, chicken or tuna salads are usually made from old ingredients, and soups or chili pots are not cleaned before more is added. However, Janse also gives pointers as to when to go to buffets, e.g. early, take food from the back of the bin, go wide around grazers, and eat the cold foods which, by law, have to be kept at certain temperatures.