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By Men's Health Editors

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Men's Health The Big Book of Uncommon Knowledge combines thousands of DIY tips, bits of advice, how-to articles, and other skills a modern man must master to be the best he can be—and have a good laugh while doing it. The ultimate insider's guide to everything, this book is a treasure trove of career advice; sex tips; and instructions for mastering the power handshake, losing 15 pounds, wooing a girl (or a rainbow trout), surviving a bear attack (or a nasty divorce), dressing for success, cooking the perfect steak, paddling a canoe straight, curing a hangover, troubleshooting a car, changing a diaper with one hand, and more!

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Editorial Review

About the Author

MEN'S HEALTH is an award-winning magazine offering the latest expert-backed advice since 1988.

JEFF CSATARI is a 17-year veteran of the *Men's Health* brand. He lives in Bethlehem, PA.

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