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Mother Knows Best?: The Truth about Mom's Well-Meaning (But Not Always Accurate) Advice (Paperback)

By Sue Castle

Skyhorse Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Will a little warm milk really help you go to sleep? (Yes--although cold milk works just as well.) Does turning a light off for a few minutes actually use more energy than it saves? (No.) Is chicken soup the best cure for the common cold? (Not clear, but it certainly helps.) If you pick up a baby every time she cries, will she get spoiled? (No, babies need all the love they can get!) Your mother should know . . . but does she? Here is the book that finally sets the record straight on the received wisdom and commonly accepted notions we've all routinely followed for generations. Mother Knows Best? will entertain and amuse as it informs, offering not only the real basis in fact but also the origin and purpose of Mom's sometimes dubious counsel.

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