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## What Would Mickey Say?

*Coaching Men to Health and Happiness*

by Michael Samuelson

ISBN 0-9726535-7-0 • \$15.95 • 208 pages • 6" x 9" trade paper

*“Long known in the cancer community for his dedication and passion, Michael Samuelson extends his mission in these pages. We encourage you to read this book and share it with others.”*

~ THE LANCE ARMSTRONG FOUNDATION

**M**ICKEY MANTLE PLAYED HARD, on and off the field. Drinking, philandering, partying and carousing, this son of an Oklahoma miner lived fast, always expecting to die young. “If I knew I was going to live this long, I would have taken better care of myself,” he said in 1993, two years before his death.

If Mickey were still alive he would have a lot to say about contemporary men’s health. In a new release from Arnica Publishing, Michael Samuelson approaches the topic of men’s health based on this very concept.

*What Would Mickey Say?* recognizes the influence of sports and athletic heroes on men. Set in a company cafeteria, the book follows six men, all members of the company softball team, as they discuss such topics as drugs, alcohol, aging, raising kids, sex, and a host of other real life concerns. Observing the men from the sidelines, and invisible to all but the reader, are Mickey Mantle and the virtual Professor Edwards from the local university. Mantle, having learned much from his own poor lifestyle choices, provides commentary and advice to the reader on the health issues that the men discuss, while the professor helps to clear up popular misconceptions.

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