

# SANDHEDEN OM SUNDHED

JP/POLITIKENS FORLAGSHUS

## THE TRUTH ABOUT GOOD HEALTH

NON-FICTION

KILL THE MYTHS AND GET THE TRUTH

### ABOUT THE BOOK

*The Truth about Good Health* is a guide to a healthier life, written by Denmark's leading scientist on the field. The book revolves around the SADE-factor – if you have it, you're 14 years younger than your actual age, biologically speaking.

SADE stands for Smoking, Alcohol, Diet and Exercise, and the aim is to develop certain simple daily routines. The reason why quitting smoking, maintaining your weight, drinking moderately and exercising on a daily basis is easier said than done, is due to a number of external factors that we're not aware of. However, knowledge is a central path on the way to success.

The book, based on information and documentation combined with common sense and sound advice, kills the myths because why spend time and money on things that do not work?

*The Truth about Good Health* is chockfull of funny anecdotes, cases and simple tips on, for example, how to achieve a more active daily routine.

### THE AUTHOR

Bente Klarlund Pedersen, MD, is consultant at the Danish hospital Rigshospitalet and Professor at the University of Copenhagen. She is the author of more than 400 scientific articles and books, as well as a world-wide lecturer.



### RIGHTS

All rights available

### SPECIFICATIONS

EXTENT  
224 pages

FORMAT  
170 x 245 mm

ILLUSTRATIONS  
20 illustrations

BINDING  
Hardcover

RETAIL PRICE  
DKK 250.00

PUBLICATION DATE  
September 2010

### PLEASE CONTACT

Nya Guldberg  
Foreign rights manager  
E-mail: [nya.guldberg@jppol.dk](mailto:nya.guldberg@jppol.dk)  
Tel: +45 33 47 07 93  
[www.jppolfr.dk](http://www.jppolfr.dk)

JP/Politikens Forlagshus  
Vestergade 26  
DK-1456 Copenhagen  
Denmark