



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

Sue Castle

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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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