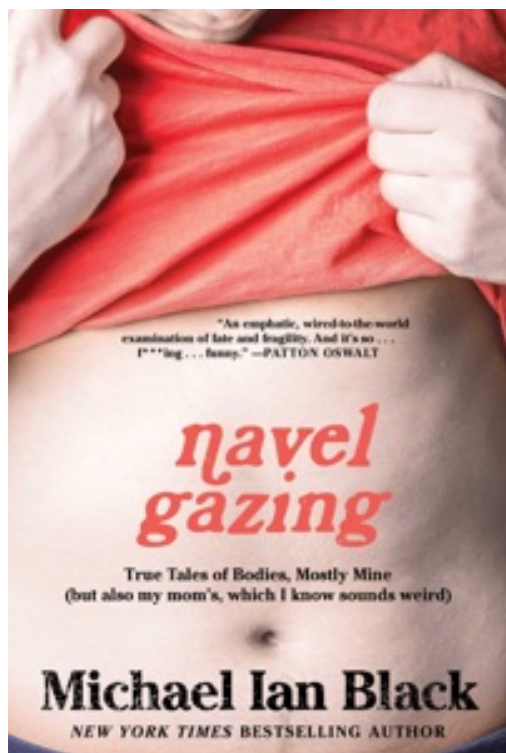


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Download or Read Online Navel Gazing Free eBook (PDF/ePub/Mobi/Mp3/Txt) Michael Ian Black -, *New York Times* bestselling author and stand-up comedian Michael Ian Black (author of *A Child's First Book of Trump*) delivers a "memorable and funny" (*Kirkus Reviews*) memoir about confronting his genetic legacy as he hits his forties.

Black pulls no punches in this hilariously honest memoir, a follow-up to the acclaimed *You're Not Doing It Right*. When Michael's mother receives a harrowing medical diagnosis, Michael begins a laugh-out-loud examination of health, happiness, and the human body from the perspective of a settled (and sedentary) husband and father of two. With the trademark wit that has made Michael's other books popular favorites, *Navel Gazing* is a heartfelt and poignant memoir about coming to terms with growing older and the inevitability of death. It is also a self-deprecating and deliciously frank remembrance of exercise failures, finding

out he is part Neanderthal, and almost throwing down with fellow author Tucker Max.

Michael Ian Black may not have the perfect body. Or be the perfect father. Or husband. Or son. But you will laugh as you recognize yourself in his attempts to do better. And, inevitably, falling short. You'll laugh, you'll cry, you'll call your mom.

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