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# **Mike Nelson's Mind over Matters**

Michael J. Nelson



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Why do some people retain cute baby-talk names for their relatives (like "Num-Num" and "Pee-Paw") well into middle age? How should a reasonable person respond when Olivia Newton-John sings, "Have you never been mellow?" Who's responsible for the sorry state of men's fashion, and is it the same guy who invented the jerkin? Is there any future in being a Midwesterner? Can you really enjoy your lunch when the restaurant is decorated to look like an African plain? How come women keep dozens of bottles and jars of moisturizers, unguents, and lotions around -- all of them half empty?

In more than 50 hilarious all-new essays, one of America's brightest young humorists -- the head writer and on-air host of the legendary TV series Mystery Science Theater 3000 -- finds the fun in all aspects of the human condition, no matter how absurd. Join Mike Nelson on an angst-filled visit to a health spa; shopping sessions at Home Depot and Radio Shack; adventures in the very amateur musical theater; a gut-busting discourse on the history of television; ruminations on his roles as husband, father, and citizen; and much, much more.

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