



What Would Mickey Say: Coaching Men to Health and Happiness

Michael H. Samuelson

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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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