

## The longer one sits in life, the earlier one dies!



Dr. Vivien Suchert  
**Sitting Is for the Ass**  
[Sitzen ist fürn Arsch]  
How a sitting lifestyle is  
endangering our health, and  
what we can do about this

Heyne Taschenbuch  
256 pages  
48 b/w illustrations  
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With ca. 30 b/w illustrations

**Vivien Suchert**, born in 1990, is a degreed psychologist. During her doctorate studies she focussed intensively on the risks our sitting behaviours have for our health.

Evolutionarily, humans are meant to walk. What do we do instead? Be it our car, office, or sofa – we are merely moving from one seat to the next. With our sedentary lifestyle, we do ourselves all kinds of harm, from back problems, obesity, and diabetes, to depression, heart disease, and cancer.

In this self-illustrated book, the scientist Vivien Suchert entertainingly explains how we have forgotten how to walk, where sitting traps are lurking, and why doing sport is only half the battle.

- Sitting is more dangerous to health than smoking, as proven by the latest studies
- A very current topic, presented entertainingly and competently

### Press

"An amusing, light and scientifically based help to change one's way of life without, however, committing oneself to the next yoke of an idealised body image." *Ostsee-Zeitung*