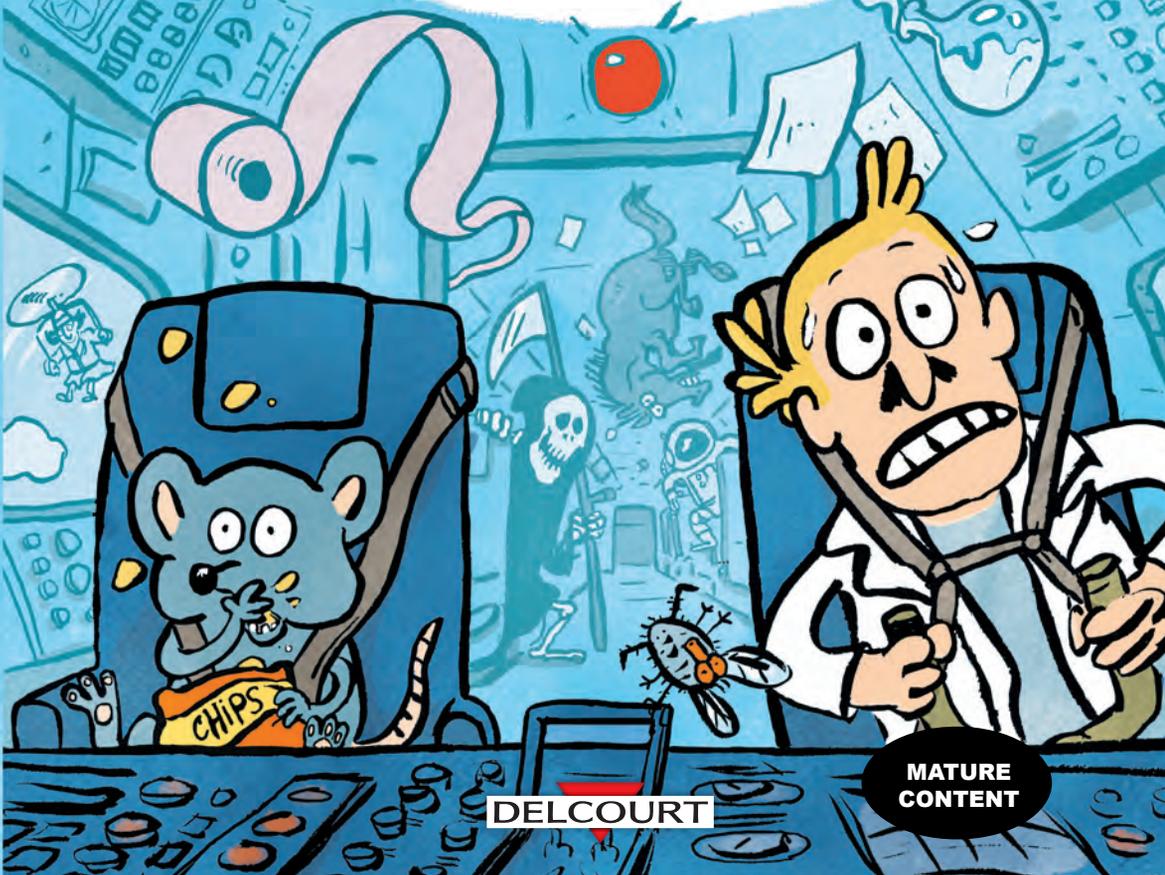


MARION MONTAIGNE

# YOU WILL DIE A SMARTER PERSON

SCIENCE TODAY,  
SCIENCE EVERY DAY!

BOOK 3



DELACOURT

MATURE  
CONTENT

MARION MONTAIGNE

# YOU WILL DIE A SMARTER PERSON

BUT YOU'LL STILL BE DEAD!



SCIENCE TODAY,  
SCIENCE EVERY DAY!

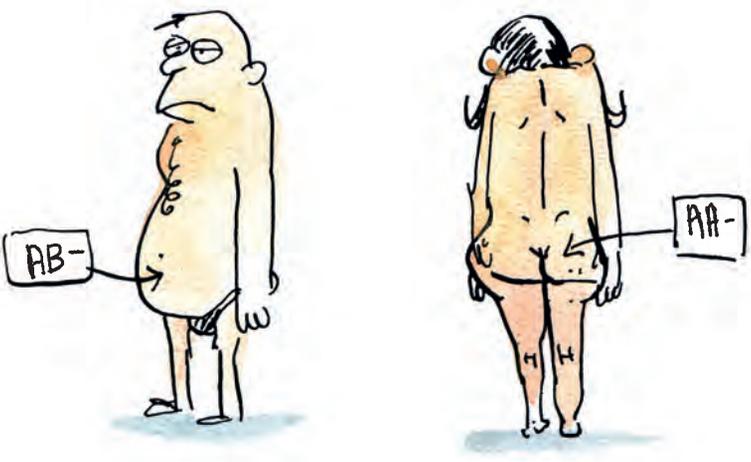
BOOK 3

DELACOURT



Dear Professor,  
 It would be great if I could just eat ice cubes all day, but I can't. Why is it so hard to lose weight?  
 Kim K.

it is a grave state of affairs. France is in crisis, it has lost its Triple A rating, and the French are still as pudgy as ever!



in these cases, as we've been told many times over, there aren't a million solutions: restriction.



You also have to react...



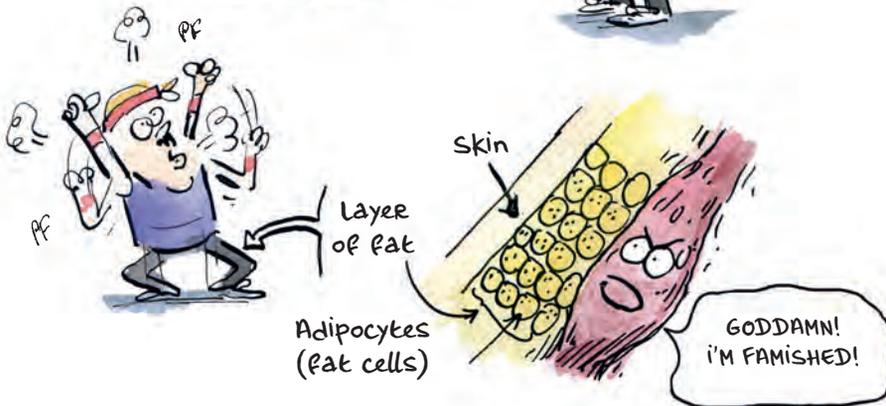
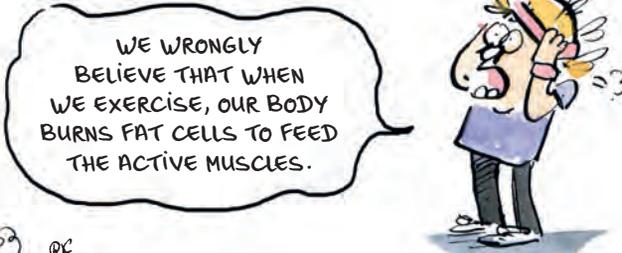
OK, we got it, we're doing it.



But that's not enough!



it's true that it's pretty incredible: we know how a black hole or the Higgs-Boson particle works better than our own fat!

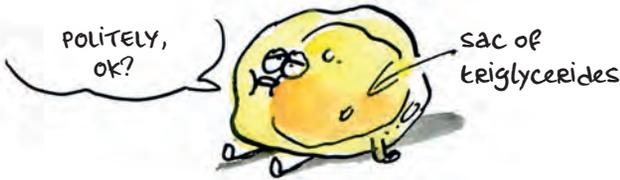


# How to lose weight?

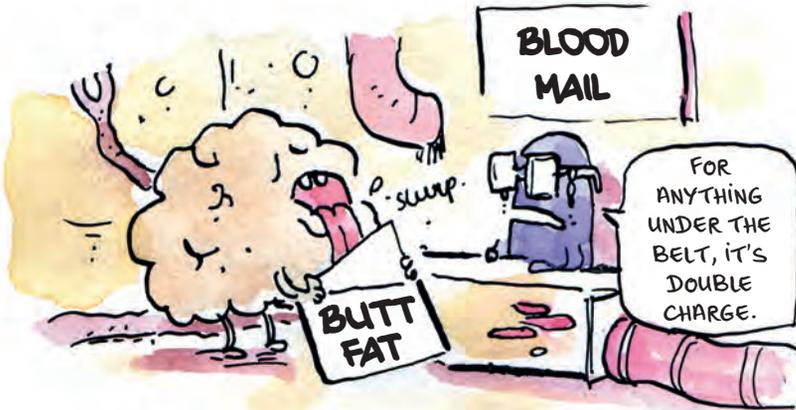
As if the muscle would eat ambéed adipocytes, like marshmallow S'mores, to recover...

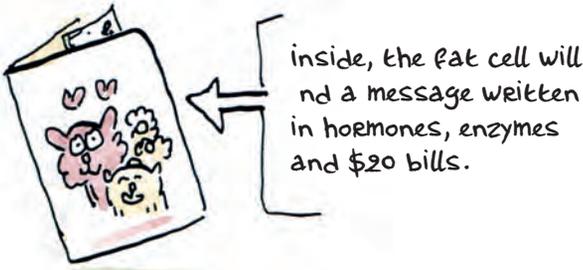


it's false: the adipocyte doesn't burn like rewood. if the muscle needs the energy contained in the walls of the fat cell, triacylglycerol, it has to ask for it.

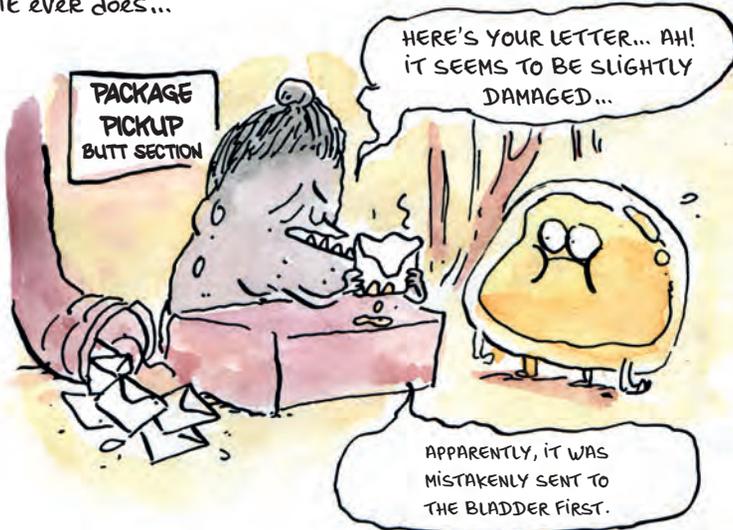


And that process takes time. The brain sends a request, via UPS, if you're lucky...





You've been running for 20 minutes already by the time UPS arrives at the right place... if it ever does...



## How to lose weight?

Once the fat understands that it has to free up its triglycerides, something he hasn't done in well over 15 years (when you stopped being active), he has to go over the procedure again.



AFTER DROPPING OFF THE lipolysis authorization folder with a photocopy of its Fat Tax Return as well as its Hormone-Sensitive Lipase income Records...



... the adipocyte can FINALLY free up its triglycerides.



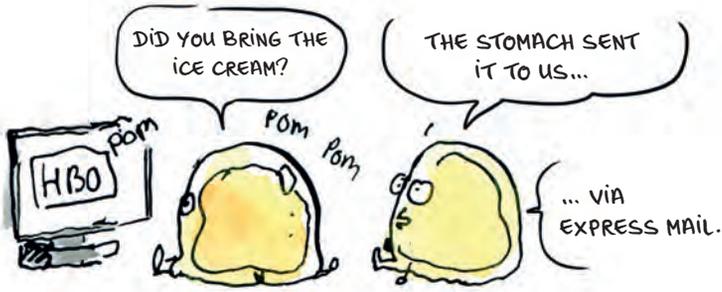
Triglycerides that he then sends to the muscles, in the form of fatty acids and glycerol, via FedEx.



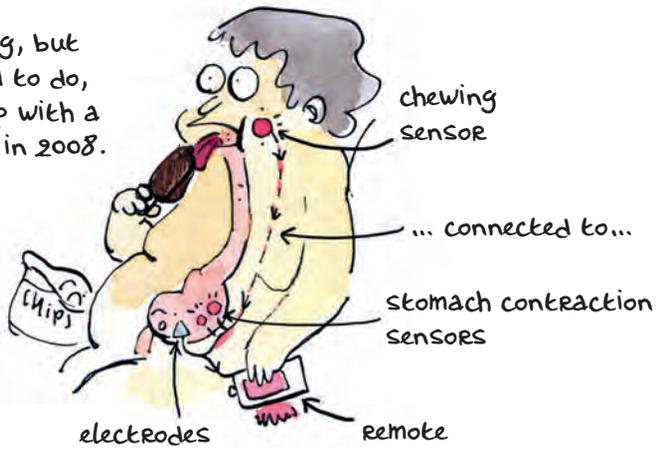
So, you understand by now, exercise doesn't instantly eliminate fat... it's a long process!



So that's how the adipocyte stays where it is, despite... your jogging...



As exercise is tiring, but eating less is hard to do, researchers came up with a system of sensors in 2008. They analyzed your chewing, and your stomach's activity...



... And, if you ate too much, they'd electrocute you directly in the stomach to give you a sense of being...full...





We have to realize something: our body has been programmed, since way before the invention of the bikini, to store reserves... very useful in prehistoric times!



Why do you think that we never see any fat wild animals?



## How to lose weight?

Animals like the bear are certainly a touch chubby, but they go through some dif cult times, like during rain, snow, heartbreak...



... Migration, stress, that force him to draw on his reserves...



... Which is a lot more draining on energy than nding another woman, from the comfort of home, with a lot of food to console oneself...

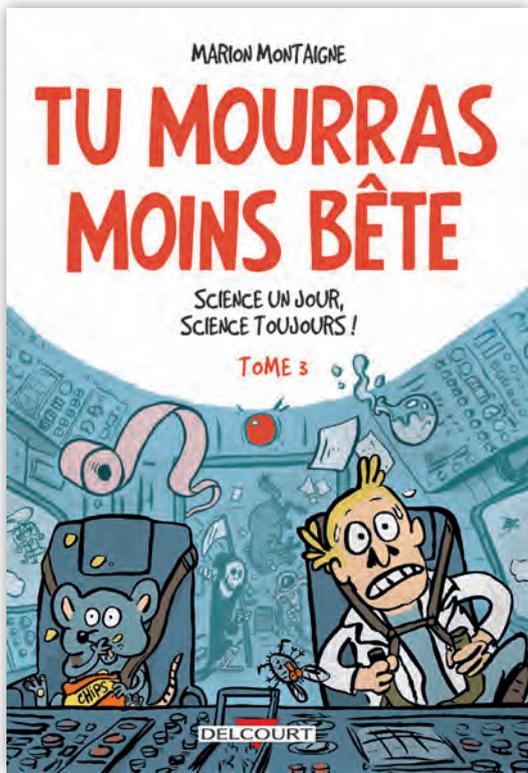


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# TU MOURRAS MOINS BÊTE

Script & Art MARION MONTAIGNE



No matter what questions you have about the world around us, Professor Moustache has answers for everything! Thanks to science, she explains stuff which bothers us every day – I mean how can you possibly comprehend the Big Bang when you don't know that putting toilet paper on the toilet seat is useless?! In this third and fourth volume of *Tu mourras moins bête*, Montaigne gives us essential answers to all our existential questions ranging from personal hygiene to spiders, and including diets and ponies! This is a 200 page collection of the best pages from her blog as well as 50 new pages, so you may be brilliant in society and of course – laugh your socks off.

A COLLECTION OF SCIENTIFIC VULGARIZATION. THE SECOND VOLUME OF *TU MOURRAS MOINS BÊTE* RECEIVED THE FAUVE D'ANGOULÊME – AUDIENCE PRIZE IN 2012.

EACH VOLUME MAY BE READ SEPARATELY. THE SERIES WILL BE ADAPTED FOR TELEVISION BY ARTE, BROADCAST BEGINNING IN EARLY 2016, IN GERMAN AND FRENCH.

*On going series*

Les WC de la peur



Vous avez probablement remarqué qu'il y a toujours la queue aux toilettes pour femmes.



D'un côté, certes, il est vrai que les femmes ont une vessie plus petite que celle des hommes... en plus d'avoir du bazar dans le corps qui prend de la place.



Les WC de la peur



Pour éviter ça, il existe une autre technique, pratiquée par 85 % des femmes selon la même étude : c'est la "miction en vol stationnaire".



Dans ce cas-là, autant dire que sur la lunette, c'est la consternation. Voire la panique.

