

The girl with or without tattoos who lived happily ever after because of 'physical activity on prescription': the fourth in the Stieg Larsson Trilogy

Karim M Khan

Which books changed your life? If it was *Catcher in the Rye*, *East of Eden* or Jack Kerouac's *On the Road* you are unlikely to be reading this on an iPad. Perhaps you enjoyed *To Kill a Mockingbird*, *Catch-22* and *Quotations from Chairman Mao* (accompanied by the odd toke). Jumping to more recent years, who hasn't been touched by *The Seven Habits of Highly Effective People*, *Into Thin Air*, and *Chicken Soup for the Soul* (day after day after day, more soup)?

PHYSICAL ACTIVITY PREVENTION AND TREATMENT HANDBOOK: FINALLY!

Never will those books have the same lustre now that the real game-changer has arrived. Look out John Grisham and JK Rowling! Stieg Larsson had another tremendous manuscript on his computer when he died. *BJSM* is pleased to be first with a full cover promotion of the fourth book in Stieg's Trilogy. He gave Mai-Lis Hellénus, Carl Sundberg and colleagues

authorship rights for his ultimately most influential book – *Physical Activity in the Prevention and Treatment of Disease*.

As with the preceding books in Larsson's Trilogy of Four, this climax began in Swedish but demand forced an English translation that will be followed by one in Vietnamese. Stieg asked his Swedish compatriots to attribute the book to their National Institute of Public Health. And Stieg liked the work of the Swedish Professional Associations for Physical Activity too. After all, they had provided the fitness program for Lisbeth Salander. So there you have it – the level 5 truth about the book that will revolutionise the New York Times Best Seller list and crash Amazon's e-commerce site. Expect line-ups around the block – recognisable by the fact that folks will be walking and jogging on the spot – keeping their pedometers ticking over as they wait, placidly, among the noise and haste, remembering what peace there may be in silence.

LINKS TO THE HANDBOOK AND MORE *BJSM* VALUE!

But don't take my word for it – read the accompanying editorial from the authors

(see page 158) and see the website www.fyss.se where you can beat the queues and download one (1) pdf-file for personal use. Don't try two or Lisbeth will be all over you with that electric tattoo machine highlighted in the first movie (uh-oh! definitely not good). Listen to the authors discuss how to implement exercise on prescription on the *BJSM* podcasts – click to listen free <http://podcasts.bmj.com>. Many interesting tips for clinical practice on the *BJSM* Blog <http://blogs.bmj.com> and our 400-strong Twitter community http://twitter.com/BJSM_BMJ. (Justin Bieber (<http://twitter.com/justinbieber>) has 6.7 million Twit friends, good potential if he reads the book and plugs it there.)

BJSM value: 16 issues a year

Next month's *BJSM*? April is one of four double issue months. The International Olympic Committee sponsored Injury Prevention and Health Protection (IPHP) theme is Osteoarthritis and Sport edited by Dr Michael Turner and Professor Lars Engebretsen. *BJSM* also shares new strategies for treating tendinopathies – guest editor Professor Jill Cook. Remember that a *BJSM* subscription provides you 12 'regular' issues of *BJSM* as well as 4 IPHP journals – focused on sports injury prevention.

Enjoy your day, keep active (at least 150 min of moderate to vigorous physical activity per week) and enjoy this issue of *BJSM*. And the answer to the question 'What is the most printed book written in the 20th century?' will be posted on the *BJSM* Blog on the 15th of March.

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