



## An Apple a Day...: Old-Fashioned Proverbs and Why They Still Work

By Caroline Taggart

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This work presents a fascinating look into everyday proverbs, their origins, uses and why they actually make sense, or don't. It features all the well-worn phrases, from 'never judge a book by its cover' to 'a stitch in time saves nine'.

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## An Apple a Day...: Old-Fashioned Proverbs and Why They Still Work By Caroline Taggart Bibliography

- Sales Rank: #3218900 in Books
- Brand: Michael O Mara Publications
- Published on: 2009
- Original language: English
- Number of items: 1
- Dimensions: 7.87" h x .87" w x 5.35" l, 1.10 pounds
- Binding: Hardcover
- 192 pages

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### **Editorial Review**

#### **Review**

Exploring well-known proverbs, their origins, meanings and relevance to life today, this is a fun and fascinating book to dip into, written by an author with a neat sense of humour Choice Magazine Explores the origins of common proverbs and sayings, examining whether they really do hold true Daily Mirror Witty, wise and authoritative, An Apple A Day proves that proverbs are as useful today as they ever were Lancashire Evening Post

#### **About the Author**

Caroline Taggart is the bestselling author of I Used to Know That and, in the same series, A Classical Education and An Apple a Day. She also co-wrote My Grammar and I (or should that be 'Me'?). Her other books include Her Ladyship's Guide to the Queen's English, The Book of English Place Names and The Book of London Place Names. She also appears frequently on radio and TV giving her opinion on such subjects as whether or not there should be an apostrophe in Druids Cross and, if so, where it should go.

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