

can you lick your own elbow

Can You Lick Your Own Elbow? Exploring the Limits of Human Flexibility

can you lick your own elbow is a question that has intrigued and amused many people for years. It's one of those quirky challenges that often pops up in conversations or social media, prompting people to try it themselves or challenge their friends. While it sounds simple at first, trying to actually bring your tongue to your elbow quickly reveals a surprising limitation of the human body. But why is it so difficult, and is it truly impossible? Let's dive into the anatomy, science, and some fascinating exceptions behind this curious question.

Why Can't Most People Lick Their Own Elbow?

At first glance, licking your elbow might seem like a fun little trick, but from a biological and anatomical perspective, it's a near-impossible feat for most people. The primary reason lies in the natural structure and range of motion of the human arm and tongue.

The Anatomy Behind the Challenge

Your elbow joint is designed to allow your forearm to bend and straighten, but it has limited rotational ability. When you try to bring your hand to your mouth, the elbow naturally bends but cannot fold in a way that positions it close enough for your tongue to reach.

Additionally, the human tongue has a limited length and flexibility. Most people's tongues are simply not long enough to stretch from their mouth all the way to their elbow, which is why this action is so difficult. The average adult's tongue length is about 3 inches, while the distance from the mouth to the elbow is typically longer.

Range of Motion and Flexibility

While the elbow joint is relatively rigid in terms of rotation, the shoulder joint is much more flexible, allowing your arm to swing in various directions. However, even with this flexibility, the positioning required to reach the elbow with the tongue is awkward and restricted. This is why, for almost everyone, the answer to "can you lick your own elbow" is a simple no.

Are There People Who Can Actually Lick Their Own Elbow?

Interestingly, despite the general rule, there are a few rare individuals who can defy this norm. Some people, due to exceptional flexibility or unique body proportions, can actually lick their own elbow.

Hyperflexibility and Joint Laxity

People with conditions like hypermobility or joint laxity have looser than normal joints. This increased flexibility allows them to bend their arms in ways most people cannot. For such individuals, the range of motion might extend enough to bring the elbow close enough to the mouth for a tongue to reach.

Unique Body Proportions

In some cases, the length of the tongue relative to arm length plays a key role. People with longer tongues or shorter arms may find it easier to perform this feat. For example, individuals with unusually long tongues might surprise others by managing to lick their elbows.

Famous Cases and Records

According to the Guinness World Records, the ability to lick one's own elbow is so rare that it has been officially recognized. Some people have gained attention for this unusual skill, often showcased as a party trick or a fun demonstration of flexibility.

Why Is “Can You Lick Your Own Elbow” Such a Popular Challenge?

The question “can you lick your own elbow” has become a staple of lighthearted challenges and social experiments. But what makes it so popular and enduring?

A Fun Test of Body Awareness

This challenge is a playful way to test your body's flexibility and awareness. It's surprising how many people try it, expecting to succeed, only to discover their limitations. This shared experience creates a sense of amusement and curiosity.

A Conversation Starter and Icebreaker

Because it's an unusual and unexpected question, it works well as an icebreaker or a conversation starter. People often use it to spark laughter and engage with others in a casual setting.

Social Media and Viral Trends

In the age of social media, quirky challenges like this spread quickly. Videos of people attempting to lick their elbows or showcasing their success have become popular content, driving curiosity and participation worldwide.

How to Try Licking Your Own Elbow: Tips and Tricks

If you're curious and want to see if you can do it, here are some tips to try:

- **Relax your arm:** Don't force the movement; gently bring your forearm toward your face.
- **Stretch your tongue forward:** Stick your tongue out as far as possible.
- **Move your shoulder:** Rotate your shoulder to bring your elbow closer to your mouth.
- **Try different angles:** Sometimes approaching from the side or slightly above can help.

Keep in mind, it's okay if you can't do it—most people can't! The exercise can still be a fun way to explore your body's flexibility.

The Science of Body Limits and Flexibility

The question of "can you lick your own elbow" also touches on broader topics about human anatomy and flexibility.

Understanding Joint Constraints

Our joints have specific structures that determine their range of motion. The elbow is a hinge joint, mainly allowing bending and straightening but very limited rotation. This structural design prioritizes strength and stability over extreme flexibility.

The Role of Muscle and Tendon Length

Muscles and tendons surrounding the arm influence how far you can move your limbs. Tight or short muscles restrict movement, while longer or more elastic muscles allow greater reach.

Comparisons with Other Animals

Interestingly, some animals have tongues or limb structures that would make “licking their own elbow” possible or irrelevant. For example, dogs have long, flexible tongues, but their limb structure is different, making the concept less comparable.

Other Fun Body Challenges to Explore

If you enjoyed thinking about whether you can lick your own elbow, here are some other quirky body challenges that test flexibility and coordination:

1. **Touching your nose with your tongue** – Many people can’t reach their nose with their tongue, making it a fun challenge.
2. **Bending your thumb backward** – Some people have hypermobile thumbs that can bend unusually far backward.
3. **Rolling your tongue** – The ability to roll your tongue into a tube is a well-known genetic trait.
4. **Crossing your eyes** – Controlling eye muscles to cross eyes on command can be tricky for some.

Trying these out can be a fun way to appreciate the unique capabilities and limits of your body.

Exploring the quirky question of whether you can lick your own elbow reveals fascinating insights into human anatomy, flexibility, and the fun ways we interact with our bodies. While most of us won’t be able to perform this unusual feat, it serves as a playful reminder of the unique design and limitations of our physiology. So next time someone asks, “can you lick your own elbow,” you’ll have plenty of interesting facts and maybe even a few tips to share.

Frequently Asked Questions

Can you lick your own elbow?

For most people, it is physically impossible to lick their own elbow due to the limited flexibility and length of the arm relative to the tongue.

Why can't most people lick their own elbow?

Most people can't lick their own elbow because the human arm's length and the tongue's reach are not sufficient to touch the elbow, combined with joint and muscle limitations.

Are there people who can actually lick their own elbow?

Yes, a small percentage of people with hyper-flexible joints or longer tongues can lick their own elbow, although it is extremely rare.

Is licking your own elbow harmful?

No, licking your own elbow is not harmful, but it is generally not possible for most people and attempting to do so may cause minor muscle strain if forced.

What factors affect the ability to lick your own elbow?

The ability depends on factors like tongue length, arm length, joint flexibility, and overall body proportions.

Are there any exercises to help you lick your own elbow?

There are no guaranteed exercises to enable elbow licking because it largely depends on anatomy, but increasing tongue flexibility and arm flexibility might help marginally.

Why is the question 'Can you lick your own elbow?' popular or trending?

It is a popular curiosity and a common party challenge because it seems like a simple task but is surprisingly difficult or impossible for most people, sparking interest and social media trends.

Additional Resources

Can You Lick Your Own Elbow? An Anatomical and Scientific Exploration

can you lick your own elbow is a question that has intrigued many, from casual curiosity to viral internet challenges. The idea seems simple enough: bring your tongue to touch your elbow, an action that sounds deceptively straightforward but is biomechanically improbable for the vast majority of people. This peculiar human limitation has sparked curiosity across scientific, anatomical, and popular culture domains. Exploring this phenomenon involves understanding human anatomy, joint flexibility, and the rarity of those who can accomplish this unusual feat.

The Anatomy Behind the Challenge

The primary reason “can you lick your own elbow” is a common question lies in the physical constraints imposed by human anatomy. Specifically, the length of the tongue in relation to the arm's length, and the range of motion of the shoulder and elbow joints, dictate the possibility of this action.

The elbow is a hinged joint connecting the upper arm (humerus) to the forearm (radius and ulna). It primarily allows for flexion and extension, with limited rotational capacity. The tongue, meanwhile,

is a muscular organ capable of remarkable flexibility and extension, but it is generally limited in length. For an individual to lick their own elbow, their tongue must extend far enough, and their arm must bend sufficiently to bring the elbow close to the face—both conditions are difficult to meet simultaneously.

Factors Influencing the Possibility

Several anatomical and physiological factors influence whether a person can lick their own elbow:

- **Arm Length and Proportion:** Shorter arms relative to torso length can make the elbow easier to reach.
- **Tongue Length:** The average tongue length for adults ranges from 3.3 to 4.5 inches, which limits reach.
- **Joint Flexibility:** People with hypermobile joints or exceptional flexibility may bring their elbows closer to their face.
- **Body Size and Shape:** Variations in body shape can influence the relative distances between the elbow and mouth.

Statistical Rarity: Who Can Actually Do It?

The ability to lick one's own elbow is extraordinarily rare. Studies and informal surveys estimate that only about 1% of the population can successfully perform this action. The rarity is due to the combination of necessary anatomical and flexibility characteristics aligning perfectly.

This rarity has made “licking your own elbow” a popular party trick and a viral social media challenge. Despite its difficulty, the few who can do it often share videos or demonstrate the act, contributing to the fascination and mythos around the topic.

Comparative Human Flexibility and Tongue Reach

In comparative terms, humans are not designed to perform this movement easily. Unlike some animals with longer or more flexible tongues relative to their body size—such as anteaters or giraffes—human tongues are comparatively short. Additionally, human joint structures prioritize stability and range of motion conducive to everyday activities rather than extreme contortions.

When compared to other tongue-related feats, like touching the nose with the tongue (known as the Gorlin sign), licking the elbow is far more challenging. The Gorlin sign is achievable by about 10-15% of people, highlighting how exceptional elbow licking truly is.

Scientific and Cultural Perspectives

From a scientific standpoint, the question “can you lick your own elbow” prompts discussions about biomechanics and human physical limits. Scientists interested in human anatomy and flexibility analyze such questions to better understand joint movement restrictions and muscular capabilities.

Culturally, the act has become a playful benchmark of flexibility and a conversation starter. It has been featured in trivia, comedy sketches, and social media trends, often used to challenge friends or highlight unique physical traits.

Why People Attempt It Despite the Difficulty

The appeal of trying to lick one’s own elbow stems from several psychological and social factors:

1. **Curiosity:** The question naturally piques interest because it seems simple but is almost impossible.
2. **Challenge and Novelty:** People enjoy testing their physical limits and sharing unusual talents.
3. **Social Interaction:** It serves as an icebreaker or a playful dare in group settings.
4. **Viral Content:** Successful attempts or humorous failures are popular on platforms like TikTok and Instagram.

Can You Train to Lick Your Own Elbow?

Given the constraints of human anatomy, is it possible to train or stretch in a way that enables this action? The answer is mostly negative for the majority, but with caveats.

Flexibility Training and Its Limits

While stretching exercises can improve joint flexibility and muscle elasticity, the structural limitations of bones and joint design cannot be significantly altered through training. For example, the length of the humerus and forearm bones is fixed, and no amount of stretching will shorten these distances.

However, certain individuals with joint hypermobility—often due to genetic factors—may find it easier to increase their range of motion, potentially allowing them to attempt elbow licking with some practice.

Risks of Overstretching

Attempting to force this action through aggressive stretching can lead to:

- Joint pain or strain
- Muscle injury
- Hyperextension damage

Therefore, caution is advised against attempting to train for this feat beyond normal flexibility routines.

Interesting Facts and Records

The Guinness World Records recognizes “Can you lick your own elbow?” as a notable curiosity. Despite its informal nature, some individuals have gained recognition for their ability to perform this act, often accompanied by unique physical traits such as unusually long tongues or exceptional joint flexibility.

Additionally, scientific experiments have been conducted to understand the biomechanics involved, often confirming that the feat is nearly impossible for the general population.

The Longest Tongue and Its Role

One of the key factors in the ability to lick one’s own elbow is tongue length. The world record for the longest tongue belongs to Nick Stoeberl, whose tongue measures approximately 10.1 cm (3.97 inches). Such an extended tongue length increases the likelihood of reaching the elbow, but even then, joint flexibility must complement this trait.

Practical Implications and Broader Understanding

While “can you lick your own elbow” might seem like a trivial question, it offers insight into broader themes in human biology and physical limits. It highlights how anatomical design governs possible movements and how unique individual traits can sometimes defy general rules.

Moreover, it reflects the human tendency to explore physical challenges, pushing boundaries for amusement or curiosity. Understanding why this feat is so difficult reinforces appreciation for the complexity of human anatomy.

The question also serves as a reminder that not all physical challenges are within reach for everyone

and that uniqueness in physical capability is natural and varied.

In the end, while most people cannot lick their own elbows, the fascination with this feat continues to inspire curiosity, humor, and scientific inquiry.

[Can You Lick Your Own Elbow](#)

can you lick your own elbow: Can You Lick Your Own Elbow? Paul Mason, 2019-05-01 Can you lick your own elbow? Could you pick up a car? Can you sneeze faster than a cheetah? This book takes a fun look at the human body by asking and answering a series of quirky yet thought-provoking questions such as these! Although primarily a recreational read, the book nevertheless contains a wealth of fascinating information and bizarre facts about the human body that readers will be sure to find captivating.

can you lick your own elbow: Mind Unchained: Escaping the Overthinking Trap Gaurav Garg, Welcome to Mind Unchained: Escaping the Overthinking Trap. If you've picked up this book, chances are you're intimately familiar with the labyrinthine corridors of your own mind. Perhaps you've found yourself trapped in thought spirals that rival the complexity of a Rubik's Cube. Or maybe you've perfected the art of turning a molehill of worry into a mountain of anxiety. If so, congratulations! You're in good company. This book is for the overthinkers, the worriers, the what-if enthusiasts, and anyone who's ever lost sleep contemplating the potential ramifications of that slightly awkward thing they said at a party... three years ago. Full disclosure: I'm a card-carrying member of the Overthinkers Anonymous (we meet every Tuesday, unless we overthink it and reschedule). This book is as much a personal journey as it is a guide. Think of me as your slightly neurotic Sherpa on this expedition through the peaks and valleys of the overactive mind. Within these pages, you'll find a blend of science, humor, personal anecdotes, and practical strategies. We'll explore the neuroscience behind overthinking, delve into the art of mindfulness, and even dabble in the philosophy of present living. But don't worry, this isn't some dry academic tome. I promise there are jokes. Some of them are even funny (I think... I've been overthinking it). We'll journey together through topics like: Why your brain loves to play What If? on repeat (Spoiler: It thinks it's helping) How to make friends with uncertainty (It's not as scary as it sounds, promise) The art of mental decluttering (Marie Kondo for your mind, if you will) Strategies for taming the wild thought-beasts that roam your consciousness And much more! But here's the real kicker: this book isn't about eliminating overthinking entirely. Let's face it, that's about as likely as convincing a cat to bark. Instead, it's about developing a healthier relationship with your thoughts. It's about learning to dance with your mind rather than being dragged along by it. So, if you're ready to embark on this adventure of self-discovery, mental acrobatics, and occasional dad jokes, then fasten your seatbelt (or don't, I'm not here to tell you how to live your life... or am I overthinking this author-reader relationship?) Remember, the journey of a thousand miles begins with a single step. Or in our case, a single thought about taking that step, followed by several hours of contemplating the pros and cons of different walking shoes. Let's begin, shall we?

can you lick your own elbow: Everything You Need to Know When You Are 8 Kirsten Miller, 2020-07-07 What's the best gift for a kid who's turned eight? Everything they need to know! Eight is a banner year in every kid's life. It's when they're finally granted "big kid" status. That means more freedom and responsibility. It also means there's a ton of stuff to learn, and some of it's pretty important. Inside this hilarious handbook is the information kids need to make eight one of the best years of their lives—from the fun (How to Win Halloween), to the serious (How to Get Germs Before They Get You) and the downright disgusting (How to Make Boogers You Can Eat).

can you lick your own elbow: The Cutting Season M. W. Craven, 2022-04-14 Poe's just

hanging around on a Saturday afternoon... Dangling from a hook in a meat packing plant isn't how Detective Sergeant Washington Poe wants to spend his weekend. He's been punched and kicked and threatened, and when a contract killer arrives it seems things are about to go from bad to worse. He goes by the name of the Pale Man and he and his straight-edged razor have been feared all over London for twenty years. But Poe knows two things the Pale Man doesn't. Although it might seem like a hopeless situation, Poe has planned to be here all along. More importantly, a nerdy, computer whizz-kid called Tilly Bradshaw is watching his back. And now things are about to get interesting . . .

_____ This is a short story, not a full-length novel. _____ Praise for M W Craven: 'I've been following M.W. Craven's Poe/Tilly series from the very beginning, and it just gets better and better. Dead Ground is a fast-paced crime novel with as many twists and turns as a country lane. I can't wait for the next one.' Peter Robinson 'Dead Ground is both entertaining and engaging with great characters and storyline. I loved this first dip into the world of Tilly and Poe!' BA Paris 'A brutal and thrilling page turner' Natasha Harding, The Sun 'A thrilling curtain raiser for what looks set to be a great new series' Mick Herron 'One of the most engaging teams in crime fiction' Daily Mail 'A powerful thriller from an explosive new talent. Tightly plotted, and not for the faint hearted!' David Mark 'A gripping start to a much anticipated new series' Vaseem Khan 'Satisfyingly twisty and clever and the flashes of humour work well to offer the reader respite from the thrill of the read' Michael J. Malone 'Nothing you've ever read will prepare you for the utterly unique Washington Poe' Keith Nixon 'Beware if you pick up a book by M.W. Craven. Your life will no longer belong to you. He will hold you spellbound. Linda's Book Bag 'Craven's understanding of the criminal world is obvious in this cracking read' Woman's Weekly 'Breath-taking' Random Things Through My Letterbox '5 Stars... another fantastic literary experience and a welcome addition to the already brilliant Poe and Tilly series' Female First 'An explosive plot, slippery twists and my fave new crime-busting duo...Fantastic!' Peterborough Telegraph

can you lick your own elbow: The Christmas Genie Dan Gutman, 2009-10-06 It's the last day of school before Christmas vacation and Alex, Chase, and the rest of Mrs. Walter's fifth-grade class couldn't wish more for the final bell to ring. But the day takes a crazy turn when a mysterious meteorite crashes through the classroom window—and a genie pops out! Bob, as he's called, is willing to grant only one wish for the class to share, and if they can't agree on something before the bell rings in an hour, they'll get nothing at all. What follows is a debate that is at turns thought-provoking and hilarious—and at all times irresistible.

can you lick your own elbow: I Love You Mucho Mucho Rachel Más Davidson, 2023-09-05 Rosie is so excited to see her abuela and tell her everything that's been going on—but Abuela doesn't speak English, and Rosie doesn't speak Spanish. They quickly learn over lunch, though, that hunger has no language—and neither does love! Based on Rachel's own experience, this story speaks to the power to communicate outside of spoken language.

can you lick your own elbow: Among Little Faces Barb Bissonette, 2011-09-01 Little Emma was only a baby when her 16-year-old mother brought her home to be raised under the care of her grandparents, Alma and Joe. A tiny bundle from heaven was all they knew and, despite the hardships and illnesses they must face together, Alma and Joe raised her as best as they could on their beautiful farm of Lilac Thyme. Eventually, Emma and her mother move away from the farm and now Emma must struggle to live with a mentally challenged sister as well as deal with her own incapacitating illness. It is more than anyone is prepared to handle, especially a sweet little girl like Emma, but Alma and Joe are not about to let their granddaughter lose hope. A beautiful, poignant story, as told by her grandmother, about a brave, young girl and the unforeseen circumstances that we must sometimes face...but not always on our own. Barb Bissonette grew up in Brampton, Ontario. She has successfully written various short stories and poems and is currently working on a new murder mystery. Barb is a nurse in Orillia where she lives with her husband, John. She has three children and three grandchildren. <http://SBPRA.com/BarbBissonette>

can you lick your own elbow: Guinness World Records 2009 Craig Glenday, 2009 From every corner of the globe—and beyond—Guinness World Records™ 2009 gathers the most amazing,

inspirational, and even bizarre record breakers yet! From don't-try-this-at-home human achievements to natural and technological wonders, incredible feats in sports and entertainment, and much more, this latest edition introduces important new records and fascinating facts that will captivate every imagination. Did you know . . . At 2 feet 5.37 inches, the shortest (mobile) living man is 19-year-old He Pingping of China, who was measured on March 22, 2008. The world's most expensive cocktail is offered at the Skyview Bar in Dubai, UAE. It costs \$7,439 (27,321 dirham) and consists of 55-year-old Macallan whisky from Scotland, ice made from the water used at their distillery, a drop of exclusive dried fruit bitters, and passion-fruit-scented sugar. Jeanne Stawiecki of the United States became the oldest female to climb the Seven Summits, including Mount Kosciuszko, when she completed her last climb (Mount Everest, Nepal) on May 22, 2007, at the age of 57 years, 36 days. And that's just a hint of what you'll find inside this mind-blowing book, including striking photos, exclusive interviews, special sections on the year's milestones—plus information on how you too can join the Guinness family of world-record breakers!

can you lick your own elbow: What Body Part Is That? Andy Griffiths, 2012-11-13 In its 68 fully illustrated, 99.9% fact-free chapters, *What Body Part Is That?* will explain everything you ever needed to know about your body without the boring technical jargon and scientific accuracy that normally clog up the pages of books of this type. Never again will you be stuck for an answer when somebody comes up to you, points at a part of your body and demands to know, What body part is that? That is all there is to know about this book.

can you lick your own elbow: My Life Uploaded Rae Earl, 2018-08-14 *Girl Online* meets *Angus, Thongs and Full-Frontal Snogging* in novel for ages 12-15 that delves into the world of social media with an accessible heroine and a memorable cast of characters.

can you lick your own elbow: Shed No Tears Caz Frear, 2024-05-21 Some cases just won't stay closed . . . A gripping mystery starring an unlikely London cop on par with Susie Steiner's and Tana French's female detectives (Kirkus Reviews). Growing up in a family with ties to organized crime, Detective Constable Cat Kinsella knows the criminal world better than most cops do. As a member of the Metropolitan Police, she's made efforts to distinguish herself from her relatives. But leading an upstanding life isn't always easy, and Cat has come close to crossing the line—a fact she keeps well hidden from her superiors. Working their latest case, Cat and her partner, Luigi Parnell, discover a connection to a notorious serial killer who abducted and killed several women in 2012. Though he was eventually apprehended, his final victim, Holly Kemp, was never found and he never confessed to her murder, despite the solid eyewitness testimony against him. Now, six years later, the discovery of Holly's remains near Cambridge seems to be the definitive proof needed to close the case. Until Cat and Parnell start to notice some troubling discrepancies . . . Brilliant dialogue, clear plotting and unique voice. This is my favorite in the series to date. —Ann Cleeves, New York Times bestselling author of the Shetland Mysteries Whip-smart, brutally blunt, and always hilarious, Cat Kinsella is one of the best investigators in crime fiction today . . . a wickedly twisted plot . . . another riveting story in a must-read series. —Kelsey Rae Dimberg, author of *Girl in the Rearview Mirror* Tense, twisting and terrific. — Lancashire Post

can you lick your own elbow: Of Acorns and of Lobsters B. G. Emtage, 2013-01-30 ~If you could wish for whatever you wanted, and keep it for half an hour, what would you wish for? Twin princes Barth and Aden are given this fairy-gift when they are named, and use it for unseemly purposes. The fairy responsible for giving them this gift is already under house-arrest for earlier lobster-related crimes... While the King and Queen wish they could train their boys how not to end up slaves to whatever their hearts desire, it may take something more... Or perhaps a someone with a pigeon in his pocket.~ The reputable gnome, Sir Neltum Furnabay, is thought to have first recorded this volume and to be the one responsible for leaving it under a wheelbarrow in my vegetable garden, (and there were very clear little tracks between the carrots). I asked my cat if she thought it was Neltum, and if she had given him a hard time in delivering the manuscript (she likes to chase things) but she wouldnt say. But I suppose that gnomes are far too clever to get eaten by a house cat what with surviving Lagon-Cockles, and criminal fairies, and uncouth garden parties

already. I also suppose that he would have left the manuscript with the intent that more people would get to read it than just me. I suppose it to be an honest history of Fenathon, and the royal family there, and really written by this particular gnome, because no gnome that I've ever met has been in the habit of just making up stories or assuming false pen names. Only humans do that sort of thing. I hope you are having a good day, Dear Reader, and that you will consider this brilliant work well worth your time.

can you lick your own elbow: Doctor Who: The Gigggle (Target Collection) James Goss, 2023-12-14 A sinister toyshop. The Earth erupting in violence. Shockwaves travelling through history. With old friends powerless to help, the Doctor is drawn into a deadly duel against an old nemesis who can bend reality to his will – and change the Doctor's future for ever... Based on a script by Russell T Davies, this thrilling third adventure for Doctor Who's 60th anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble, as well as introducing Ncuti Gatwa as the Fifteenth Doctor.

can you lick your own elbow: How to Speak Human Dougal Jackson, Jennifer Jackson, 2019-02-19 'An instant classic—this book is so utterly relevant and needed. And it is hellishly refreshing to boot. I fucking love it, and heartily recommend it to all.' —Dr Jason Fox, best-selling author of *How to Lead a Quest* Take a practical approach to the communication challenges in your workplace. Through 11 strategies, 23 tactics and 15 stories this handy how-to will help curious humans: use the science of connection to create compelling communication translate mind-numbing complexity into captivating simplicity hijack attention, engage and influence others. Whether you're a leader looking to connect with your workforce; a member of a small team, hungry to make a difference; or at the helm of a global organisation, with an eye on the horizon – this is a how-to for forward thinkers like you.

can you lick your own elbow: How to be a Bad Muslim and Other Essays Mohamed Hassan, 2022-05-31 This is the breakout non-fiction book from award-winning New Zealand writer Mohamed Hassan. From Cairo to Takapuna, Athens to Istanbul, *How To Be A Bad Muslim* maps the personal and public experience of being Muslim through essays on identity, Islamophobia, surveillance, migration and language. Traversing storytelling, memoir, journalism and humour, Hassan speaks authentically and piercingly on mental health, grief and loss, while weaving memories of an Egyptian immigrant fighting childhood bullies, listening to life-saving '90s grunge and auditioning for vaguely-ethnic roles in a certain pirate movie franchise. At once funny and chilling, elegiac and eye-opening, this is a must-read book from a powerfully talented writer. "Mohamed Hassan takes the things we universally love - food, music, family, dreams of travel, a heart's desire - and affirms their gorgeous ordinariness. Then he reveals how othering shatters what we share; how it splinters "us" to create confusion, ignorance, hurt and even hate. Sometimes his writing is gently observational, sometimes sad, sometimes justly angry, but always important, timely and true." - John Campbell "The book is amazing. Mohamed Hassan is so talented. In *How To Be A Bad Muslim*, he pulls off that rare trick of taking a poet's grace and applying it to his essays, making them as beautiful to read as they are illuminating." - Dominic Hoey "Mohamed's is a fresh voice but most of all, an important voice. We already have his poetry, which has been rightly recognised, but now New Zealand literature is all the richer for his elegant and powerful non-fiction." - Rachael King Mohamed Hassan writes from a space that nobody else stands in; a space borne of deep understanding and lived experience. He is Muslim, a child of Egypt and the Middle East and a child of New Zealand; a global traveler and reporter with his finger very firmly on the socio-politics of the globe and our place in it. He has a depth of vision, a level of craft and a talent not seen elsewhere. His is a voice that is vital. We need this book, now more than ever. - Tusiata Avia "These essays navigate migration and grief, Islamaphobia and love, family and society. Kaleidoscopic in tone, they sear at both the personal and the political level, and open up the immigrant experience. There is no other book like this published in Aotearoa. It refreshes our views of the world and of each other." - Paula Green Twitter: @mohamedwashere Instagram: @el.sayyed Website: www.mohamedhassan.co.nz

can you lick your own elbow: *The Brain Box* David Hodgson, 2014-02-27 *The Brain Box* - a personal journal for each student to be their best at school - boost grades, improve motivation, memory, learning and understanding, exam techniques. It will help teachers prove they apply many Ofsted guidelines, but will also appeal to parents. By using Neuro Linguistic Programming and explaining neuroscience the authors take students on their journey from building their profile to looking at what motivates them, their ambitions, and their future goals. Case studies, anecdotes of 'success'/motivation are littered throughout and questions are posed to get students thinking about their journey.

can you lick your own elbow: *Shift* Penny Guisinger, 2024-03 Penny Guisinger was not always attracted to women. In *Shift* she recounts formative relationships with women and men, including the marriage that produced her two children and ultimately ended in part due to her affair with her now-wife. Beginning her story as straight and ending as queer, she struggles to make sense of how her identity changed so profoundly while leaving her feeling like the same person she's always been. While covering pivotal periods of her life, including previous relationships and raising her children across the chasm of divorce, Guisinger reaches for quantum physics, music theory, planetary harmonics, palmistry, and more to interrogate her experiences. This personal story plays out against the backdrop of the national debate on same-sex marriage, in rural, easternmost Maine, where Guisinger watched her neighbors vote against the validity of her family. *Shift* examines sexual and romantic fluidity while wrestling with the ways past and present mingle rather than staying in linear narratives. Under scrutiny, Guisinger's sense of her own identity becomes like a Mobius strip or Penrose triangle—an optical illusion that challenges the dimensions and possibilities of the world.

can you lick your own elbow: *Could I Sit on a Cloud?* Kay Barnham, 2019-05-01 *Could I sit on a cloud? Could anyone live on the moon? Can I make my own rainbow?* This book takes a fun look at science by asking and answering a series of quirky yet thought-provoking questions such as these! Although primarily a recreational read, the book nevertheless contains a wealth of fascinating information and bizarre facts about science that readers will be sure to find captivating.

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