



# You Bet Your Life

## An Encyclopedia of Risk

Sheila Buff

With Joe Buff

<b>ISBN</b>	9780789270177
<b>Publisher</b>	Abbeville Press
<b>Binding</b>	Hardback
<b>Territory</b>	World excluding USA, Canada, Puerto Rico, Australia and New Zealand
<b>Size</b>	216 mm x 140 mm
<b>Pages</b>	400 Pages
<b>Price</b>	£19.99

- Each time you lay your head on the pillow at night or set your feet on the floor come morning, you bet your life. Exactly what odds do you face 24/7?

Here is the gritty and granular truth behind the wagers we make with our lives every single day — and, sometimes, as it turns out, just once in a lifetime.

What are your chances of living through the next 24 hours? This week? This month? This decade? Will your job kill you? Your car kill you? Your spouse kill you? Or will your own bad habits kill you? And how does where you live increase or decrease your risk?

Or will a rogue asteroid just kill us all? *You Bet Your Life* applies to you, the individual, the analytical approach insurance companies use to calculate risk: actuarial science. The result is a comprehensive, encyclopedic, real-world assessment of the risks we take every day of our all-too-finite lives.

The cold, hard truth will intrigue, surprise, amuse, and sometimes even shock you.

Arranged A to Z by risk, entries include:

Bathtubs: Safer than a swimming pool?

Cigarettes: How risky is smoking, really? (And what about "the occasional cigarette"?)

Dating online: Riskier than hooking up at a bar? Dog ownership: Does owning a dog make me safer or put me at greater risk? (What about a pit bull?) Driving: Just how dangerous is it? (And what about that classic car without airbags or ABS?)

Eating at a restaurant: During flu season? (During flu season if you're over 60?)

Elevators: Safer than an escalator? The stairs?

Shark attack: What are my chances of being killed by a shark? Versus the drive to the beach? Versus a bee sting? Versus using a trampoline?

Sleep: What are the odds of dying in slumber?

Youth mortality: How risky is growing up?

The encyclopedia is introduced by an essay explaining how objective actuaries calculate risk versus how those with agendas — in government, industry, finance, science, technology, and religion — arbitrate hazard with their own competing calculi of risk and reward.

**Sheila Buff** is the author of numerous books on consumer-oriented health and medicine, including national and Amazon bestsellers. Her husband and co-author, **Joe Buff**, holds an MS in mathematics from MIT and, an expert on risk, has been a Fellow of the Society of Actuaries (FSA) since 1980. After a long Wall Street career and engagement as a partner in a Top 10 global management consulting firm, he created the bestselling *USS Challenger* future submarine warfare fiction series.

Joe and Sheila live in the rural town of Milan in New York State's beautiful mid-Hudson Valley with their dog Daphne.