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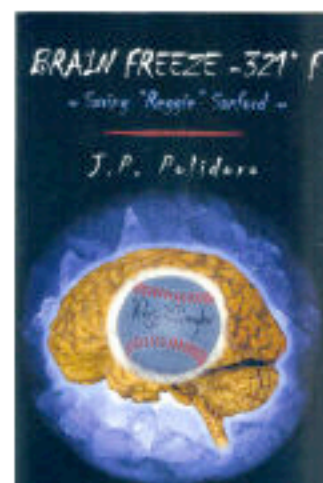
## A Frozen Delight

by Russ Cohen

2005-10-18

When you open up the book **Brain Freeze** by author J.P. Polidoro you will see a quote from Yoda. Any book that has a quote from the little green guy can't be too serious, right? Wrong.

The story is about a legendary 81-year-old deceased ballplayer named Reginald "Lefty" Sanford. The story strangely mirrors the last few years of Ted Williams life on this earth but don't think this book is solely based on that because it isn't. There are some similarities and there is a very interesting use of the "Splendid Splinter" in the book, but it stops there.



Like most good fiction novels a story like this can happen. The book deals with the fascination the public has with cryonics. I can tell that there was a lot research that went into describing the possible pitfalls of having oneself frozen at the time of death. It's a controversial subject for sure.

This book is very descriptive and it's not a romance novel but I think women will like the love story that evolves and the intrigue that gets better and better as the book moves along.

This book is a quick exciting read that will take you "inside the cryonics world" and all it has to offer - - the good, the bad and the ugly.

Mizaronics Research is the company that is highlighted in the book and it makes you think that you read about a company like this in the news the past few years. Even if that's not the case this book will raise some eyebrows and some questions about the practice of cryogenics and whether or not it really is a viable option or just a total hoax. You the reader can decide.

The Negro League Baseball mentions in this book are just and once again you can tell the author has really studied the league. When you read a book like this it makes me wonder why the Negro League players don't get the proper respect that they deserve.

I would recommend this book to anybody but children may have a hard time grasping this subject, however, I think it could be a great topic of conversation at the family dinner table on a Sunday evening.

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