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## The Body: A Complete User's Guide

By Richard Restak, Patricia Daniels

National Geographic Society. Hardback. Book Condition: new. BRAND NEW, The Body: A Complete User's Guide, Richard Restak, Patricia Daniels, Created in collaboration with a panel of medical experts, The Body features the latest information about the inner workings of the human body and its vital systems. Packed with plenty of how-to tips to stay healthy and illustrated with more than 300 colour photographs and diagrams, this book is beautiful, authoritative, and informative. Engaging text reveals the complex and fascinating systems of the body: from the cells to the skin, from the circulatory system to the nervous system, and much more. Head-to-toe structural and anatomical details complement helpful diagrams, how-to health tips, Did You Know? fact boxes, informative charts, and illustrated sidebars. This dynamically designed colourful reference features a unique combination of compelling images including archival photos, as well as the modern marvels of 3D and 4D images, taken through powerful telescopes, ultrasound, and molecular surveillance. Find out how much money people spend annually on Botox, the origin of the term blue blood, and how much blood your heart pumps in a lifetime. A user-friendly glossary and extensive index make this book easy to use and fun to navigate.



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### Reviews

*The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).*

*-- Dr. Marcos Grimes III*

*Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.*

*-- Joanie Hamill I*