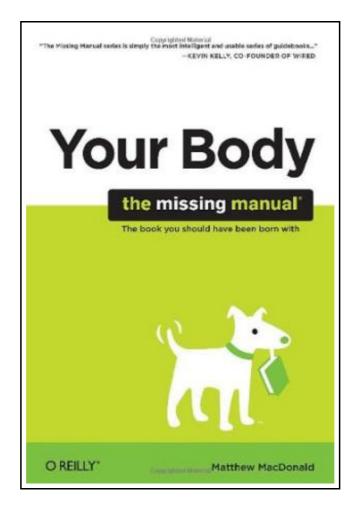
Your Body: The Missing Manual



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

YOUR BODY: THE MISSING MANUAL



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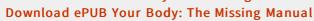
O'Reilly Media. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 6.0in. x 0.2in.What, exactly, do you know about your body Do you know how your immune system works Or what your pancreas does Or the myriad -- and often simple -- ways you can improve the way your body functionsThis full-color, visually rich guide answers these questions and more. Matthew MacDonald, noted author of Your Brain: The Missing Manual, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. Youll look at the quirks, curiosities, and shortcomings weve all learned to live with, and pick up just enough biology to understand how your body works. Youll learn: That you shed skin more frequently than snakes doWhy the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smallerHow you can measure and control fatThat your hair is made from the same stuff as horses hoovesThat you use only a small amount of the oxygen you inhaleWhy blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressureWhy our bodies crave foods that make us fatHow to use heart rate to shape an optimal workout session -- one thats neither too easy nor too strenuousWhy a tongue with just half a dozen taste buds can identify thousands of flavorsWhy bacteria in your gut outnumbers cells in your body -- and what function they serveWhy we age, and why we cant turn back the clockWhat happens to your body in the minutes after you dieRather than dumbed-down self-help or dense medical text, Your Body: The Missing Manual is entertaining and packed with information you can...



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