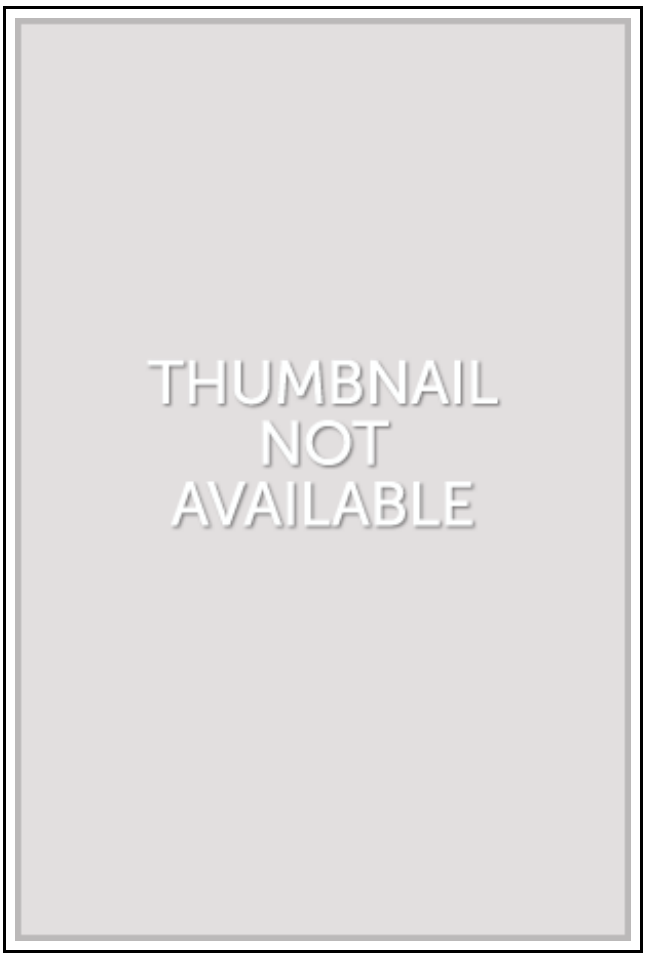
You: The Owner s Manual: An Insider s Guide to the Body That Will Make You Healthier and Younger (Hardback)



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Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Valentin Hane MD)

YOU: THE OWNER S MANUAL: AN INSIDER S GUIDE TO THE BODY THAT WILL MAKE YOU HEALTHIER AND YOUNGER (HARDBACK)

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HarperCollins Publishers Inc, United States, 2008. Hardback. Book Condition: New. Updated, Expanded ed.. 234 x 193 mm. Language: English . Brand New Book. Between your full-length mirror and high-school biology class, you probably think you know a lot about the human body. While it s true that we live in an age when we re as obsessed with our bodies as we are with celebrity hairstyles, the reality is that most of us know very little about what chugs, churns, and thumps throughout this miraculous, scientific, and artistic system of anatomy. Yes, you ve owned your skin-covered shell for decades, but you probably know more about your cell-phone plan than you do about your own body. When it comes to your longevity and quality of life, understanding your internal systems gives you the power, authority, and ability to live a healthier, younger, and better life.The flagship book of the YOU series, which spawned three subsequent New York Times bestsellers, has now been expanded and updated to make you understand your body even better--perhaps too well.YOU: The Owner s Manual, Updated and Expanded Edition challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all of the highways, back roads, and landmarks inside of you. In this update, the doctors have included a new chapter on the liver and pancreas, which will finally demystify the most exotic parts of our bodies; a new workout chapter that will finally get you moving; and nearly one hundred QAs asked by you, the reader. It has also been updated throughout to give you up-to-the-minute know-how to not just understand what to do to keep fit, but also why and how. The book opens with a quiz, How Well Do You Know Your Body?, which sets...

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