

Your Body: The Missing Manual

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Your Body

the missing manual

The book you should have been born with.

Instructions & Warnings:

Use common sense when operating your body. DO NOT use your body without adequate nutrition and rest but, truth be told, it's okay to swim right after eating. Hydrate and exercise regularly. Limited warranty. DO NOT DRUG USE.

O'REILLY

Matthew MacDonald

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Your Body The Missing Manual:

Your Body: The Missing Manual Matthew MacDonald, 2009-07-21 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 functions This 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 You ll look at the quirks curiosities and shortcomings we ve all learned to live with and pick up just enough biology to understand how your body works You ll learn That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes no matter how much you diet or exercise they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session one that s neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumbers cells in your body and what function they serve Why we age and why we can t turn back the clock What happens to your body in the minutes after you die Rather than dumbed down self help or dense medical text Your Body The Missing Manual is entertaining and packed with information you can use It s a book that may well change your life Reader comments for Your Brain The Missing Manual also by author Matthew MacDonald Popular books on the brain are often minefields of attractive but inaccurate information This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain It has useful tricks without the breathless hype of many popular books Elizabeth Zwicky The Usenix Magazine a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources James A Cox The Midwest Book Review Wisconsin Bookwatch If you can t figure out how to use your brain after reading this guide you may want to return your brain for another The Sacramento Book Review Volume 1 Issue 2 Page 19 It s rare to find a book on any technical subject that is as well written and readable as Your Brain The Missing Manual The book covers pretty much anything you may want to know about your brain from what makes it up through how it develops to how to mitigate the affects of aging The book is easy reading fact packed and highlighted notes and practical applications So if you want to learn more about your brain how it works how to get the best out of it or just want to stave off the ravages of Alzheimers see chapter ten for details of how learning helps maintain your brain then I can t recommend this book highly enough Neil Davis Amazon co uk MacDonald s writing style is perfect for this kind of guide It remains educational without becoming overly technical or using unexplained jargon And even though the book covers a broad scope of topics MacDonald keeps it well organized and easy to follow The book captures your attention with fun facts and interesting studies that any

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Table of Contents Your Body The Missing Manual

1. Understanding the eBook Your Body The Missing Manual
 - The Rise of Digital Reading Your Body The Missing Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Your Body The Missing Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Your Body The Missing Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Your Body The Missing Manual
 - Personalized Recommendations
 - Your Body The Missing Manual User Reviews and Ratings
 - Your Body The Missing Manual and Bestseller Lists
5. Accessing Your Body The Missing Manual Free and Paid eBooks

- Your Body The Missing Manual Public Domain eBooks
- Your Body The Missing Manual eBook Subscription Services
- Your Body The Missing Manual Budget-Friendly Options
- 6. Navigating Your Body The Missing Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Your Body The Missing Manual Compatibility with Devices
 - Your Body The Missing Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Your Body The Missing Manual
 - Highlighting and Note-Taking Your Body The Missing Manual
 - Interactive Elements Your Body The Missing Manual
- 8. Staying Engaged with Your Body The Missing Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Your Body The Missing Manual
- 9. Balancing eBooks and Physical Books Your Body The Missing Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Your Body The Missing Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Your Body The Missing Manual
 - Setting Reading Goals Your Body The Missing Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Your Body The Missing Manual
 - Fact-Checking eBook Content of Your Body The Missing Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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