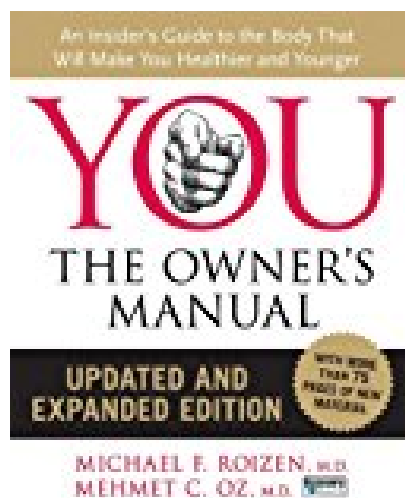


YOU The Owners Manual Updated and Expanded Edition An Insiders Guide to the Body that Will Make You Healthier and Younger



BOOK DETAILS

- Author : Mehmet C. Oz
- Pages : 544 Pages
- Publisher : William Morrow
- Language : English
- ISBN : 0061473677

[↓ DOWNLOAD](#)

BOOK SYNOPSIS

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 Owners 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 Q&As 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 the stage for the following chapters. After taking the quiz, you'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs, including the heart, brain, lungs, immune system, bones, and sensory organs. Each chapter also contains common myths of the particular body part that the authors will debunk. Just as important, you'll get the facts and advice you need to keep your body running long and strong. You'll find out how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, *YOU: The Owners Manual, Updated and Expanded Edition* gives you an easy, comprehensive, and life-changing how-to plan for fending off the gremlins of aging. To top it off, this new edition includes even more great-tasting and calorie-saving recipes as part of the Owners Manual Diet—an eating plan that is designed with only one goal in mind: to help you live a younger life. Welcome to your body. Why don't you come on in and take a look around?

YOU THE OWNERS MANUAL UPDATED AND EXPANDED EDITION AN INSIDERS GUIDE TO THE BODY THAT WILL MAKE YOU HEALTHIER AND YOUNGER

- Are you looking for Ebook YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger? You will be glad to know that right now YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger. To get started finding YOU The Owners Manual Updated And Expanded Edition An Insiders Guide To The Body That Will Make You Healthier And Younger, you are right to find our website which has a comprehensive collection of manuals listed.