



Adam's Navel: A Natural and Cultural History of the Human Form

Michael Sims

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Adam's Navel: A Natural and Cultural History of the Human Form Michael Sims

In this amusing and brilliantly conceived book, Michael Sims introduces you to your body. Moving from head to toe, Sims blends cultural history with evolutionary theory to produce a wonderfully original narrative in which he analyzes the visible parts of the body. In this fascinating brew of science and storytelling, readers encounter not only accessible explanations of the mechanics of their anatomy, but also the layers of mythology, religious lore, history, Darwinian theory, and popular culture that have helped to shape our understanding of any given body part. A titillating and unique book, **Adam's Navel** is learned and entertaining, a marvelous lens through which to study the form we all inhabit—but may not really understand.

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