



The Body, Revised Edition: A Complete User's Guide

Patricia Daniels

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A comprehensive home reference for families, students and individuals interested in their health, this fully illustrated, easy-to-understand new edition includes the most up-to-date information about the human body, plus tips for keeping your body healthy and strong.

Created in collaboration with a panel of medical experts, *The Body* features the latest information about the inner workings of the human body and its vital systems. Packed with plenty of how-to tips to stay healthy and illustrated with more than 300 color photographs and diagrams, this book is beautiful, authoritative, and informative. Engaging text reveals the complex and fascinating systems of the body: from the cells to the skin, from the circulatory system to the nervous system, and much more. Head-to-toe structural and anatomical details complement helpful diagrams, how-to health tips, "Did You Know?" fact boxes, informative charts, and illustrated sidebars. This dynamically designed colorful reference features a unique combination of compelling images including archival photos, as well as the modern marvels of 3D and 4D images, taken through powerful telescopes, ultrasound, and molecular surveillance. Find out how much money people spend annually on Botox, the origin of the term "blue blood," and how much blood your heart pumps in a lifetime. A user-friendly glossary and extensive index make this book easy to use and fun to navigate.

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