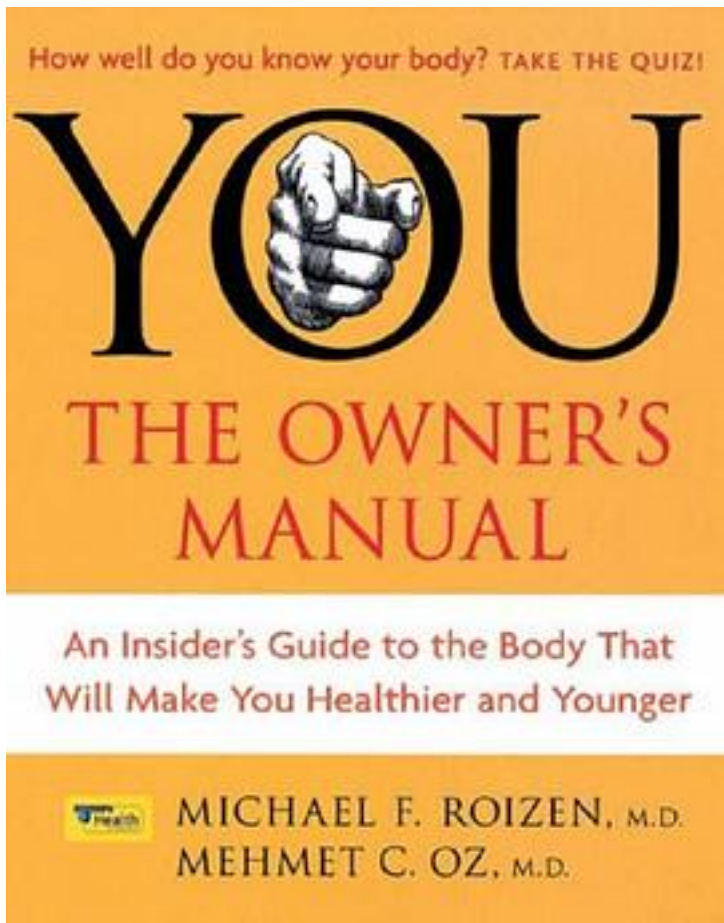


You - The Owner's Manual



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Micheal Roizen and Mehmet Oz, two powerhouse doctors in both the medical profession and in the media, have teamed up to write YOU: THE OWNER'S MANUAL - the book you should read BEFORE any other health book. It takes the mystery out of medicine and health by giving you the power to not just know what to do to keep fit,

but to understand why and how. Simply put, it's an owner's manual for your body. The book opens with a quiz 'How Well Do You Know Your Body?', which will set the stage for the following chapters, each devoted to an integral part of the body including the heart, brain, lungs, immune system, bones, and sensory organs. Each chapter will contain common myths, which the authors will debunk. They will then give both the hard facts and easy ways to make the body run like a well-oiled machine. The writing style is engaging, and smart; the accompanying black and white illustrations conjure up the details and accuracy of Gray's Anatomy, but with a whimsical twist. This is a health book like no other.

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目录:

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