

# Competitor 01 School Muscle Weight Bench Manual

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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 outnumber 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 unix magazine a unique

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