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You The Owners Manual For

You: The Owner's Manual 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. After taking a quiz that tests your body of knowledge, you'll learn about all of your blood-pumping, food-digesting, and keys-remembering systems and organs.

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YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs.

You, the Owner's Manual: An Insider's Guide to the Body

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"You: The Owner's Manual" contains some genuinely helpful information but personally, I would consider that statement as damning by faint praise. It's a health book written by a host of doctors, the least it can do is contain some helpful nuggets of information. As is, the book is weak.

You: The Owner's Manual: An Insider's Guide to the Body

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Roizen is author of the award-winning series of "RealAge" books and co-authored with Dr. Mehmet Oz the YOU: The Owner's Manual series of bestselling books. He is a lecturer, TV personality, radio talk show personality, and an advocate of exercise and living the healthy life... and he practices what he preaches.

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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.

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From America's most trusted doctors and #1 New York Times bestselling authors—an indispensable guide to help teens better understand their bodies and navigate the adolescent years. A few years ago, we wrote YOU: The Owner's Manual, which taught people about the inner workings of their bodies—and how to keep them running strong.

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