



## **YOU: The Owner's Manual**

### **An Insider's Guide to the Body that Will Make You Healthier and Younger**

This is a nuts-and-bolts guide to your body and its component parts and processes. Each chapter is devoted to an integral part of the body and tells its story, from the industrious heart all the way to the smallest bones in your ear. (0060765313)

Language: en

Pages(s): 436

Publisher(s): [Harper Collins](http://www.harpercollins.com)

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*published: 2005-05-03*

*pages: 436*

*language: en*

