

Human Universe Brian Cox

Defends the validity of psychic experiences, analyzes specific paranormal phenomena, and advocates further scientific research. Bibliogs

Professor Brian Cox is among the best-known physicists in the world. As presenter of hit television series *Human Universe*, *Wonders of the Solar System* and *Wonders of the Universe*, his affable charm and infectious enthusiasm have brought science to a whole new audience. Born in Lancashire in 1968, Cox was a bright but not brilliant pupil at school. He flourished at university, however, gaining a first-class honours degree and an MPhil in Physics from Manchester University before being awarded his PhD in particle physics in 1998. Alongside his studies, he played keyboards in the band D:Ream, who topped the charts in 1994 with 'Things Can Only Get Better', which was famously used by the Labour Party for its 1997 election campaign. Although an award-winning celebrity TV presenter, Brian Cox remains devoted to scientific research. He is a Royal Society University Research Fellow, an advanced fellow at the University of Manchester, and also works on the ATLAS experiment at the Large Hadron Collider at CERN in Switzerland. In 2010 he was awarded the OBE for his services to science. Featuring exclusive interviews and in-depth research, this book delves into the fascinating universe of the man who single-handedly made physics cool.

Bestselling author and acclaimed physicist Lawrence Krauss offers a paradigm-shifting view of how everything that exists came to be in the first place. "Where did the universe come from? What was there before it? What will the future bring? And finally, why is there something rather than nothing?" One of the few prominent scientists today to have crossed the chasm between science and popular culture, Krauss describes the staggeringly beautiful experimental observations and mind-bending new theories that demonstrate not only can something arise from nothing, something will always arise from nothing. With a new preface about the significance of the discovery of the Higgs particle, *A Universe from Nothing* uses Krauss's characteristic wry humor and wonderfully clear explanations to take us back to the beginning of the beginning, presenting the most recent evidence for how our universe evolved—and the implications for how it's going to end. Provocative, challenging, and delightfully readable, this is a game-changing look at the most basic underpinning of existence and a powerful antidote to outmoded philosophical, religious, and scientific thinking.

Experience our universe as you've never seen it before 13.7 billion years old. 93 billion light-years across. It contains over 100 billion galaxies, each containing hundreds of billions of stars. This infinite, vast and complex Universe has been the subject of human fascination and scientific exploration for thousands of years. The wonders of the Universe might seem alien to us and impossible to understand, but away from the telescopes, the labs and the white coats, Professor Brian Cox uses the evidence found in the natural world on Earth to brilliantly explain the truth of the cosmos. Professor Cox will show how the vast and unfathomable phenomena of deep space can be explained, and even experienced, by re-examining the familiar here on Earth. He is determined to answer the most profound questions we can ask about ourselves and the world in which we live, but in a uniquely understandable way. The laws of light, gravity, time, matter and energy that govern us here on Earth are the same as those applied in the Universe. Using his expert knowledge and his infectious enthusiasm, Professor Cox shows us that if we can understand the impact of these governing laws on Earth it will bring us a step closer to an understanding of our Universe. This title provides a breathtaking and beautiful exploration of our planet. The book, which accompanies the BBC1 TV series, provides the deepest answers to the simplest questions.

Every night, above our heads, a drama of epic proportions is playing out. Diamond planets, zombie stars, black holes heavier than a billion Suns. The cast of characters is extraordinary, and each one has its own incredible story to tell. We once thought of our Earth as unique, but we have now discovered thousands of alien planets, and that's barely a fraction of the worlds that are out there. And there are more stars in the Universe than grains of sand on every planet in the Solar System. But amid all this vastness, the Milky Way Galaxy, our Sun and the Earth are home to the only known life in the Universe - at least for now. With a foreword from Professor Brian Cox, and access to all the latest stunning NASA photography, Andrew Cohen takes readers on a voyage of discovery, via the probes and telescopes exploring the outer reaches of our galaxy, revealing how it was formed and how it will inevitably be destroyed by the enigmatic black hole at its heart. And beyond our galaxy, the expanding Universe, which holds clues to the biggest mystery of all - how did it all begin? We now know more about those first moments of existence than we ever thought possible, and hidden in this story of how it all began are the clues to the fate of the Universe itself and everything in it. Now in his 95th year, James Lovelock has been hailed as "the man who conceived the first wholly new way of looking at life on earth since Charles Darwin" (Independent) and "the most profound scientific thinker of our time" (Literary Review). *A Rough Ride to the Future* introduces two new Lovelockian ideas. The first is that three hundred years ago, when Thomas Newcomen invented the steam engine, he was unknowingly beginning what Lovelock calls "accelerated evolution," a process that is bringing about change on our planet roughly a million times faster than Darwinian evolution. The second is that as part of this process, humanity has the capacity to become the intelligent part of Gaia, the self-regulating earth system whose discovery Lovelock first announced nearly fifty years ago. *A Rough Ride to the Future* is also an intellectual autobiography, in which Lovelock reflects on his life as a lone scientist, and asks—eloquently—whether his career trajectory is possible in an age of increased bureaucratization. We are now changing the atmosphere again, and Lovelock argues that there is little that can be done about this. But instead of feeling guilty, we should recognize what is happening, prepare for change, and ensure that we survive as a species so we can contribute to—perhaps even guide—the next evolution of Gaia. The road will be rough, but if we are smart enough, life will continue on earth in some form far into the future.

The Sunday Times Bestseller In *Wonders of the Solar System* – the book of the acclaimed BBC TV series – Professor Brian Cox will take us on a journey of discovery where alien worlds from your imagination become places we can see, feel and visit.

Sunday Times Bestseller How did life on Earth begin? What is the nature of space and time? What are the chances that we will discover life on other worlds?

"Even-handed, up-to-date, and clearly written. . . . If you want to navigate between the Scylla and Charybdis of Neanderthal controversies, you'll find no better guide." —Brian Fagan, author of *Cro-Magnon* In recent years, the common perception of the Neanderthal has been transformed thanks to new discoveries and paradigm-shattering scientific innovations. It turns out that the Neanderthals' behavior was surprisingly modern: they buried the dead, cared for the sick, hunted large animals in their prime, harvested seafood, and spoke. Meanwhile, advances in DNA technologies have forced a reassessment of the Neanderthals' place in our own past. For hundreds of thousands of years, Neanderthals evolved in Europe very much in parallel to the Homo

sapiens line evolving in Africa, and, when both species made their first forays into Asia, the Neanderthals may even have had the upper hand. Here, Dimitra Papagianni and Michael A. Morse look at the Neanderthals through the full dramatic arc of their existence—from their evolution in Europe to their expansion to Siberia, their subsequent extinction, and ultimately their revival in popular novels, cartoons, cult movies, and TV commercials.

Recommended for viewing on a colour tablet. Professor Brian Cox is back with another insightful and mind-blowing exploration of space. This time he shows us our universe as we've never seen it before.

The New York Times bestseller: "You gotta read this. It is the most exciting book about Pluto you will ever read in your life." —Jon Stewart When the Rose Center for Earth and Space at the American Museum of Natural History reclassified Pluto as an icy comet, the New York Times proclaimed on page one, "Pluto Not a Planet? Only in New York." Immediately, the public, professionals, and press were choosing sides over Pluto's planethood. Pluto is entrenched in our cultural and emotional view of the cosmos, and Neil deGrasse Tyson, award-winning author and director of the Rose Center, is on a quest to discover why. He stood at the heart of the controversy over Pluto's demotion, and consequently Plutophiles have freely shared their opinions with him, including endless hate mail from third-graders. With his inimitable wit, Tyson delivers a minihistory of planets, describes the oversized characters of the people who study them, and recounts how America's favorite planet was ousted from the cosmic hub.

A Best Book of 2020 (NPR) A Best Book of 2020 (The Economist) A Top Ten Best Science Book of 2020 (Smithsonian) A Best Science and Technology Book of 2020 (Library Journal) A Must-Read Book to Escape the Chaos of 2020 (Newsweek) Starred review (Booklist) Starred review (Publishers Weekly) A historically unprecedented disconnect between humanity and the heavens has opened. Jo Marchant's book can begin to heal it. For at least 20,000 years, we have led not just an earthly existence but a cosmic one. Celestial cycles drove every aspect of our daily lives. Our innate relationship with the stars shaped who we are—our art, religious beliefs, social status, scientific advances, and even our biology. But over the last few centuries we have separated ourselves from the universe that surrounds us. It's a disconnect with a dire cost. Our relationship to the stars and planets has moved from one of awe, wonder and superstition to one where technology is king—the cosmos is now explored through data on our screens, not by the naked eye observing the natural world. Indeed, in most countries, modern light pollution obscures much of the night sky from view. Jo Marchant's spellbinding parade of the ways different cultures celebrated the majesty and mysteries of the night sky is a journey to the most awe-inspiring view you can ever see: looking up on a clear dark night. That experience and the thoughts it has engendered have radically shaped human civilization across millennia. The cosmos is the source of our greatest creativity in art, in science, in life. To show us how, Jo Marchant takes us to the Hall of the Bulls in the caves at Lascaux in France, and to the summer solstice at a 5,000-year-old tomb at Newgrange, Ireland. We discover Chumash cosmology and visit medieval monks grappling with the nature of time and Tahitian sailors navigating by the stars. We discover how light reveals the chemical composition of the sun, and we are with Einstein as he works out that space and time are one and the same. A four-billion-year-old meteor inspires a search for extraterrestrial life. The cosmically liberating, summary revelation is that star-gazing made us human. Radio tie-in with BBC Radio 4 programme The Infinite Monkey Cage.

In southern California, nearly a half century ago, a small band of researchers -- equipped with a new 200-inch telescope and a faith born of scientific optimism -- embarked on the greatest intellectual adventure in the history of humankind: the search for the origin and fate of the universe. Their quest would eventually engulf all of physics and astronomy, leading not only to the discovery of quasars, black holes, and shadow matter but also to fame, controversy, and Nobel Prizes. *Lonely Hearts of the Cosmos* tells the story of the men and women who have taken eternity on their shoulders and stormed nature in search of answers to the deepest questions we know to ask.

Human Universe HarperCollins UK

Jupiter: The Ruthless One - Mars: The Doomed One - Sun: The Fiery One - Saturn: The Beautiful One - Pluto: The Mysterious One Professor Brian Cox is back with another insightful and mind-blowing exploration of space. This time he shows us our solar system as we've never seen it before. We're living through an extraordinary time of exploration. A fleet of space probes are continually beaming data back to Earth. Hidden in this stream of code are startling new discoveries about the worlds we share with the Sun. We will piece together these remarkable findings to tell the greatest science story of them all - the life and times of the Solar System. What emerges is a dramatic tale of planetary siblings. Born from violence, they grow up together, in time becoming living, breathing worlds, only to fade away one by one as they age. Along the way we will meet all eight of the major planets, plus a supporting cast of moons, asteroids and comets, and a mysterious as yet unseen world way out beyond the Kuiper belt.

In one of the most exciting and accessible explanations of The Theory of Relativity in recent years, Professors Brian Cox and Jeff Forshaw go on a journey to the frontier of 21st century science to consider the real meaning behind the iconic sequence of symbols that make up Einstein's most famous equation, exploring the principles of physics through everyday life.

In this compulsively readable book, Dr. Alice Roberts lays out the miraculously strange way in which the human body grows from a chemical (DNA) into a living, sentient being. A longtime professor and well-known TV presenter, Dr. Roberts is also an author of unusual ability, capable of synthesizing complex ideas and packing dense scientific information into lucid, beautiful prose. Bringing together the latest scientific discoveries and drawing on interviews with scientists from around the world, Dr. Roberts illustrates that our evolution has resulted in something that is awe-inspiring yet far from perfect. Our embryonic development is a quirky mix of new and old, with strokes of genius alongside accommodated glitches and imperfections that are all inherited from distant ancestors. For instance, our development and evolutionary past explains why, as embryos, we have what look like gills, and as adults we suffer from back pain. This is a tale of discovery, about ourselves and our environment, that explores why and how we have developed as we have, looking at the development of human physiognomy through the various lenses of embryology, genetics, anatomy, evolution, and zoology. It combines the remarkable set of skills Alice Roberts possesses as a medical doctor, anatomist, osteoarchaeologist, and writer. As Richard Dawkins put it, the reader emerges from her book "entertained and with a deeper understanding of yourself."

“Who can ask for better cosmic tour guides to the universe than Drs. Tyson and Goldsmith?” —Michio Kaku, author of *Hyperspace and Parallel Worlds* Our true origins are not just human, or even terrestrial, but in fact cosmic. Drawing on recent scientific breakthroughs and the current cross-pollination among geology, biology, astrophysics, and cosmology, *Origins* explains the soul-stirring leaps in our understanding of the cosmos. From the first image of a galaxy birth to Spirit Rover's exploration of Mars, to the discovery of water on one of Jupiter's moons, coauthors Neil deGrasse Tyson and Donald Goldsmith conduct a galvanizing tour of the cosmos with clarity and exuberance.

When she was 13, Virginia Galilei, eldest daughter of the great scientist Galileo, was placed by her father in a convent near him in Florence and took the name Suor Maria Celeste. Unable to see him except on his occasional visits, she wrote him continually, as her 124 surviving letters (which Galileo kept) attest. Now, for the first time, all of these letters are reproduced in English, translated by Dava Sobel, and in their original Italian, and Ms. Sobel has also written an introduction and annotations placing the letters in historical context. The 124 letters span only a decade of Maria Celeste's 33 years. In that dramatic period, a pope came to power who battled the Protestant Reformation; the Thirty Years' War embroiled all of Europe; the bubonic plague erupted across Italy; and a new philosophy of science, promulgated most forcefully by Galileo himself, threatened to overturn the order of the universe. Maria Celeste's evocative, beautifully written letters touch on all of these situations, but they dwell in the small details of everyday life; and though Galileo's letters to her have not survived, it is clear from hers that he answered every one. Especially for those who have read Ms. Sobel's *Galileo's Daughter*, but even for those who haven't, Maria Celeste's letters provide an indelible chronicle of convent life in the early 17th century, a memorable portrait of deep affection between a famous father and his daughter, and fascinating insight into Galileo himself.

Presents a history of science, focusing on its influence in the transition from humanity's primitive beginnings up to the modern day, with profiles of famous scientists responsible for some of the world's greatest scientific discoveries.

--Publisher's description.

In *The Quantum Universe*, Brian Cox and Jeff Forshaw approach the world of quantum mechanics in the same way they did in *Why Does E=mc²?* and make fundamental scientific principles accessible—and fascinating—to everyone. The subatomic realm has a reputation for weirdness, spawning any number of profound misunderstandings, journeys into Eastern mysticism, and woolly pronouncements on the interconnectedness of all things. Cox and Forshaw's contention? There is no need for quantum mechanics to be viewed this way. There is a lot of mileage in the “weirdness” of the quantum world, and it often leads to confusion and, frankly, bad science. *The Quantum Universe* cuts through the Wu Li and asks what observations of the natural world made it necessary, how it was constructed, and why we are confident that, for all its apparent strangeness, it is a good theory. The quantum mechanics of *The Quantum Universe* provide a concrete model of nature that is comparable in its essence to Newton's laws of motion, Maxwell's theory of electricity and magnetism, and Einstein's theory of relativity.

What is Life? Where did it come from? Why does it end?

A deeply fascinating, engaging, and highly accessible explanation of Einstein's equation, using everyday life to explore the principles of physics.

Collins Shorts – insight in an instant.

Why is life the way it is? Bacteria evolved into complex life just once in four billion years of life on earth-and all complex life shares many strange properties, from sex to ageing and death. If life evolved on other planets, would it be the same or completely different? In *The Vital Question*, Nick Lane radically reframes evolutionary history, putting forward a cogent solution to conundrums that have troubled scientists for decades. The answer, he argues, lies in energy: how all life on Earth lives off a voltage with the strength of a bolt of lightning. In unravelling these scientific enigmas, making sense of life's quirks, Lane's explanation provides a solution to life's vital questions: why are we as we are, and why are we here at all? This is ground-breaking science in an accessible form, in the tradition of Charles Darwin's *The Origin of Species*, Richard Dawkins' *The Selfish Gene*, and Jared Diamond's *Guns, Germs and Steel*.

National Geographic Explorer and TED Prize-winner Dr. Sarah Parcak welcomes you to the exciting new world of space archaeology, a growing field that is sparking extraordinary discoveries from ancient civilizations across the globe. In *Archaeology from Space*, Sarah Parcak shows the evolution, major discoveries, and future potential of the young field of satellite archaeology. From surprise advancements after the declassification of spy photography, to a new map of the mythical Egyptian city of Tanis, she shares her field's biggest discoveries, revealing why space archaeology is not only exciting, but urgently essential to the preservation of the world's ancient treasures. Parcak has worked in twelve countries and four continents, using multispectral and high-resolution satellite imagery to identify thousands of previously unknown settlements, roads, fortresses, palaces, tombs, and even potential pyramids. From there, her stories take us back in time and across borders, into the day-to-day lives of ancient humans whose traits and genes we share. And she shows us that if we heed the lessons of the past, we can shape a vibrant future. Includes Illustrations

'Prepare to have your mind blown! A brilliantly written overview of the past, present and future of modern cosmology.' - DALLAS CAMPBELL, author of *Ad Astra* The Beginning and the End of Everything is the whole story as we currently understand it - from nothing, to the birth of our universe, to its ultimate fate. Authoritative and engaging, Paul Parsons takes us on a rollercoaster ride through billions of light years to tell the story of the Big Bang, from birth to death. 13.8 billion years ago, something incredible happened. Matter, energy, space and time all suddenly burst into existence in a cataclysmic event that's come to be known as the Big Bang. It was the birth of our universe. What started life smaller than the tiniest subatomic particle is now unimaginably vast and plays home to trillions of galaxies. The formulation of the Big Bang theory is a story that combines some of the most far-reaching concepts in fundamental physics with equally profound observations of the cosmos. From our realization that we are on a planet orbiting a star in one of many

galaxies, to the discovery that our universe is expanding, to the groundbreaking theories of Einstein that laid the groundwork for the Big Bang cosmology of today - as each new discovery deepens our understanding of the origins of our universe, a clearer picture is forming of how it will all end. Will we ultimately burn out or fade away? Could the end simply signal a new beginning, as the universe rebounds into a fresh expanding phase? And was our Big Bang just one of many, making our cosmos only a small part of a sprawling multiverse of parallel universes?

Top ten Sunday Times Bestseller 'Engaging, ambitious and creative' Guardian Where are we? Are we alone? Who are we? Why are we here? What is our future?

WHAT IS THERE TO SEE? That was the question the authors of this book, Elke and Niko Rollman, heard all the time when explaining their photographic project. The answer is LOOK AGAIN, this book will encourage its readers to see the London Underground in a different light. There is indeed a multitude of images on offer, ranging from architecture to technology, from old design classics to modern art. For anyone interested in the history of the London Underground, spanning over 150 years, this is the book for you. Once you discover the beauty of this particular underworld, it can turn your daily routine into an exciting and almost endless trail of new impressions. The authors also want to encourage readers to go out there and explore "The Tube" by themselves. Photographer Elke Rollmann and historian Niko Rollmann - have spent over 10 years exploring this iconic network of the London Underground with their cameras aiming to catch as many different aspects of the system as possible. A lot of time also went into researching the Underground's complex history . This publication is not just about the network as such, but also about the people who work there and, of course, the commuters. A timeline and a further reading list complement the images and texts.

"From the world-renowned physicist, co-founder of the World Science Festival, and best-selling author of The Elegant Universe comes this utterly captivating exploration of deep time and humanity's search for purpose. Brian Greene takes readers on a breathtaking journey from the big bang to the end of time and invites us to ponder meaning in the face of this unimaginable expanse. He shows us how, from its original orderly state the universe has been moving inexorably toward chaos, and, still, remarkable structures have continually formed: the planets, stars, and galaxies that provide islands in a sea of disorder; biochemical mechanisms, including mutation and selection, animate life; neurons, information, and thought developed into complex consciousness which in turn gave rise to cultures and their timeless myths and creativity. And he describes, as well, how, in the deep reaches of the future, the nature of the universe will threaten the existence of matter itself. Through a series of nested stories Greene provides us with a clearer sense of how we came to be, a finer picture of where we are now, and a firmer understanding of where we are headed. Taken together, it is a completely new perspective on our place in the universe and on what it means to be human"--

An awe-inspiring, unforgettable journey of scientific exploration from Brian Cox and Jeff Forshaw, the international bestselling authors of *Why Does E=MC2?* and *The Quantum Universe*, with 55 black-&-white and 45 full-color pages featuring photographs, diagrams, maps, tables, and graphs We dare to imagine a time before the Big Bang, when the entire universe was compressed into a space smaller than an atom. And now, as Brian Cox and Jeff Forshaw show, we can do more than imagine: we can understand. *Universal* takes us on an epic journey of scientific exploration. It reveals how we can all come to grips with some of the most fundamental questions about our Earth, Sun, and solar system--and the star-filled galaxies beyond. How big is our solar system? How quickly is space expanding? How big is the universe? What is it made of? Some of these questions can be answered on the basis of observations you can make in your own backyard. Other answers draw on the astonishing information now being gathered by teams of astronomers operating at the frontiers of the known universe. At the heart of all this lies the scientific method. Science reveals a deeper beauty and connects us to each other, to our world, and to our universe. Science reaches out into the unknown. As *Universal* demonstrates, if we dare to imagine, we can do the same.

Prepared specifically to support social studies, map skills, early geography skills plus history and heritage topics in Trinidad and Tobago. The atlas is fully illustrated and includes the most up to date reference and thematic mapping of Trinidad and Tobago, countries within the Caribbean Community and the broader Caribbean region. Maps are fully supported with illustrations, photographs and data. World maps cover international issues which have a bearing on Caribbean development.

The bestselling authors of *Wonders of the Universe* are back with another blockbuster, a groundbreaking exploration of our Solar System as it has never been seen before. A companion book to the highly anticipated BBC series.

The idea of a missing link between humanity and our animal ancestors predates evolution and popular science and actually has religious roots in the deist concept of the Great Chain of Being. Yet, the metaphor has lodged itself in the contemporary imagination, and new fossil discoveries are often hailed in headlines as revealing the elusive transitional step, the moment when we stopped being "animal" and started being "human." In *The Accidental Species*, Henry Gee, longtime paleontology editor at *Nature*, takes aim at this misleading notion, arguing that it reflects a profound misunderstanding of how evolution works and, when applied to the evolution of our own species, supports mistaken ideas about our own place in the universe. Gee presents a robust and stark challenge to our tendency to see ourselves as the acme of creation. Far from being a quirk of religious fundamentalism, human exceptionalism, Gee argues, is an error that also infects scientific thought. Touring the many features of human beings that have recurrently been used to distinguish us from the rest of the animal world, Gee shows that our evolutionary outcome is one possibility among many, one that owes more to chance than to an organized progression to supremacy. He starts with bipedality, which he shows could have arisen entirely by accident, as a by-product of sexual selection, moves on to technology, large brain size, intelligence, language, and, finally, sentience. He reveals each of these attributes to be alive and well throughout the animal world—they are not, indeed, unique to our species. *The Accidental Species* combines Gee's firsthand experience on the editorial side of many incredible paleontological findings with healthy skepticism and humor to create a book that

aims to overturn popular thinking on human evolution—the key is not what’s missing, but how we’re linked.

A cosmologist describes his decade-long study of the expansion of the universe following the Big Bang, detailing his team's observation and analysis of intergalactic space and the move of the Milky Way toward a distant continent of matter

Recommended for viewing on a colour tablet. In Wonders of the Solar System – the book of the acclaimed BBC TV series – Professor Brian Cox will take us on a journey of discovery where alien worlds from your imagination become places we can see, feel and visit.

USA TODAY BESTSELLING romantic comedy series 'Dating-ish' can be read as a standalone, is a full length 100k word novel, and is book #6 in the Knitting in the City Series. There are three things you need to know about Marie Harris: 1) She's fed up with online dating, 2) She's so fed up, she's willing to forego the annoyance and consider more creative alternatives, and 3) She knows how to knit. After the most bizarre and irritating first date in the history of humankind, Marie is looking for an alternative to men. With the help of her friends, she quickly identifies a few possibilities: Need a cuddle? Use a professional cuddler. Need affirmation? Get yourself a life coach. Need an orgasm? Try orgasm meditation! Why does she need the hassle of a romantic partner when she can meet all her needs with paid services? But then her irritating date resurfaces. And he's not at all the person she thought he was. And he suggests a different--and crazier--solution to her dilemma . . . As everyone knows (or will soon come to realize), traditional relations between humans are a thing of the past. Robots are our future. And if robots are our future, then why do we need other people at all?

The authors of the New York Times bestseller Super Brain present a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity. The leap into "radical well-being" is a promise waiting to be fulfilled. "You are not simply the sum total of the genes you were born with," writes Deepak Chopra and Rudy Tanzi. "You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting." Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book from the bestselling duo behind Super Brain, which became a nationwide hit on public television. For decades medical science has believed that genes determined our biological destiny. Now the new genetics has changed that assumption forever. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they've become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

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