10% Human: How Your Body’s Microbes Hold the Key to Health and Happiness

by Collen, Alanna

A revelatory, illuminating guide to the role of your body’s microbes in promoting your health and happiness. This is popular science at its most relevant: life will never seem the same again. You are only 10% human. For every one of the cells that make up your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, brain and skin, but also bacteria and fungi. And you are more “them” than you are “you.” Far from being passive, the trillions of microbes that live on and in you are intimately involved in running your body.

Genre: Price: $33.50 Form: Trade Cloth

50 Is the New 30

by Smith, J. J.

Want to feel younger, look better, and melt away those stubborn pounds? Would you like to increase your energy and make your skin look healthy and vibrant? If you answered yes, then you’ve come to the right place. JJ Smith’s 50 Is the New 30 teaches proven methods of weight loss that anyone can follow, no matter your age, size, gender, or income level. You’ll learn the top ten foods you should be eating every day to boost your immunity, detox plans (including some green smoothies from JJ Smith’s #1 bestselling book), new methods for fighting fatigue, and techniques to energize your body without having to spend hours and hours at the gym.

Genre: Price: $19.99 Form: Trade Paper

Arthritis, What Exercises Work: Breakthrough Relief for the Rest of Your Life

by Sobel, Dava

What is the most powerful arthritis treatment ever developed to help restore you to a healthy, pain-free, and vigorous life—for the rest of your life? It’s the very same breakthrough that has: Helped more arthritis sufferers than drugs, surgery, or any other treatment—without dangerous side effects.—Been widely prescribed by medical doctors and other health practitioners. The answer? Exercise. Here are the right exercised for your kind of arthritis, pain-level, age, occupation, and hobbies. And they’re the most effective exercises for arthritis available anywhere—rated “best” by arthritis sufferers themselves in an unprecedented nationwide survey... supported by medical doctors... and Let Arthritis: What Exercises Work work wonders in ending your arthritis pain—forever!

Genre: Price: $18.50 Form: Trade Paper

Block City: Incredible Minecraft Worlds: How to Build Like a Minecraft Master

by Kearney, Kirsten

Minecraft—a humble computer game about placing blocks—is a global phenomenon that has captured the imagination of more than 36 million players around the world. Often described as a digital version of LEGO, Minecraft offers an open-ended playing field where players design and build environments that others can explore. For many users, the game’s “creative mode” is its most appealing feature: The game is helping to shape a generation of young architects, designers, and artists. The most impressive and spectacular achievements in Minecraft design are its cities, which range in style from contemporary realism to fantasy, from historical to futuristic. The product of thousands of hours of work by devoted Minecraft players, these virtual places are the
Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain-For 
by Perlmutter, David

FP 300,000. The bestselling author of GRAIN BRAIN uncovers the powerful role of gut bacteria in determining your brain's destiny. Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations, BRAIN MAKER opens the door to unprecedented brain health potential. Also available UAB/CD & LP

Genre: 
Price: $31.00 
Form: Trade Cloth 
Publisher: Little Brown & Company 
Pages: 336 
Pub. Date: April 2015

Canadian Living: 400-Calorie Dinners
by Living, Canadian

FP 15,000(CDN) Watching your diet doesn’t mean giving up delicious food. The Canadian Living Test Kitchen knows just how to make the tastiest dinners that are chock-full of flavour and nutrients, without breaking your calorie budget for the day. In this collection of 90+ Tested-Till-Perfect recipes, you’ll find family-friendly meals you won’t believe are 400 or fewer calories per serving. Search by type of recipe (such as stew or stir-fry), ingredient (such as green beans or lamb) or recipe name. Full nutrient analysis of each recipe.

Genre: 
Price: $19.95 
Form: Trade Paper 
Publisher: Transcontinental Books 
Pages: 160 
Pub. Date: May 2015

Does This Beach Make Me Look Fat?
by Scottoline, Lisa

FP 75,000. Lisa and Francesca are back with their 6th collection of warm and witty stories that will strike a chord with every woman, following HAVE A NICE GUILT TRIP. This five book series is among the best reviewed humour books published today and has been compared to the late greats, Erma Bombeck and Nora Ephron. Also available UAB/CD

Genre: 
Price: $24.99 
Form: Trade Cloth 
Publisher: St. Martin's Press 
Pages: 272 
Pub. Date: July 2015

Dogs and Underdogs
by Abbott, Elizabeth

FP 10,000(CDN) A heartwarming look at how happiness can be found at both ends of the leash in all kinds of places. Elizabeth Abbott had always been an animal lover, sharing her life with all kinds of dogs in need. But when worlds collided and her beloved dog Tommy was left behind in Haiti, a new journey began: one that would take her to some very surprising places and ultimately teach her some essential truths about the power of hope and redemption. Abbott meets people whose lives are changed forever by a wagging tail and a pair of soulful eyes. Canadian author - Toronto

Genre: 
Price: $30.00 
Form: Trade Cloth 
Publisher: Penguin Group (Canada) 
Pages: 288 
Pub. Date: May 2015
Eat Clean: Wok Yourself to Health
by Ching-He Huang

If you're frustrated with unsustainable diets, want to eat healthy, tasty food but can never find the time, then Wok Yourself Thin is the perfect cookery book for you. Drawing on her belief of the age-old principle of Yin and Yang, Ching He Huang creates delicious fare for each meal time which is specifically balanced in all these ways: finally, food which is hassle free, good for you and which you'll enjoy! With over 100 diverse recipes which are not only practical for every day but cater for every season, you'll find eating healthily is definitely no impediment to choice.

Genre: Price: $29.99 Form: Trade Paper

Empire of Deception : From Chicago to Nova Scotia - the Incredible Story of ... 
by Jobb, Dean

FP 6,500(CDN) EMPIRE OF DECEPTION is not only an incredibly rich and detailed account of a man and an era; it is a fascinating look at the methods of swindlers throughout history. Leo Koretz was the Bernie Madoff of his day, and Dean Jobb shows us that the dream of easy wealth is a timeless commodity. A slick, smooth-talking, charismatic lawyer, Leo enticed hundreds of people to invest as much as $30 million in phantom timberland and non-existent oil wells in Panama. When Leo's scheme finally collapsed in 1923, he vanished. When finally apprehended, Leo was living a life of luxury in Nova Scotia under the assumed identity of a book dealer and literary critic.

Genre: Price: $29.99 Form: Trade Cloth

Fat Girl Walking
by Gibbons, Brittany

FP 50,000. Told through a series of larger-than-life snapshots, a hilarious memoir in essays about love, sex, marriage, motherhood, bikinis, and loving your body, no matter what size you are from the acclaimed blogger and body image advocate Brittany Gibbons has been a plus size her whole life. But instead of hiding herself in the shadows of thinner women, Brittany became a wildly popular blogger and national spokes-model - known for stripping on stage at TedX and standing in Times Square in a bikini on national television.

Genre: Price: $31.99 Form: Trade Cloth

For Better or For Worse: Comic Art of Lynn Johnston
by Johnston, Lynn

For 30 years, cartoonist Lynn Johnston made daily additions to what would become a monumental body of work: her newspaper comic strip, For Better or For Worse that chronicled the daily lives of the middle-class suburbanite Patterson family. Wildly funny and formally innovative, this book will be published to coincide with an international touring exhibition of Lynn Johnston's work, organized by the Art Gallery of Sudbury. It features some of Johnston's most popular narratives, an essay that chronicles the development of her drawing and the history of her wildly successful comic strip.

Genre: Price: $24.95 Form: Trade Paper

www.whitehots.com
Get Your Hopes Up!: Expect Something Good to Happen to You Every Day
by Meyer, Joyce

FP 200,000. #1 NEW YORK TIMES bestselling author Joyce Meyer teaches readers how to tap into the power of hope to lead more joyful lives. One of the most powerful forces in the universe is hope - the happy and confident anticipation that something good is going to happen. Regardless of where one is in life, it is impossible to live successfully and to the fullest without hope. This book will help readers avoid misplacing their trust in unreliable things, and help them ground their hope steadfastly in God for limitless joy and possibilities for their lives. Also available UAB/CD & LP

Genre:    Price: $24.00    Form: Trade Cloth

Gift of Failure
by Lahey, Jessica

FP 75,000. THE GIFT OF FAILURE is based on Jessica Lahey’s eye-opening and provocative essay published on TheAtlantic.com, “Why Parents Need to Let Their Children Fail.” Within days, the piece had been shared tens of thousands of times on all major social media sites, as well as on hundreds of blogs. This groundbreaking manifesto focuses on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life’s inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults.

Genre: PARENTING    Price: $33.50    Form: Trade Cloth

Great Divide: Inequality and Its Causes, Consequences, and Cures
by Stiglitz, Joseph E.

FP 5,000(CDN) A singular voice of reason in an era defined by bitter politics and economic uncertainty, Joseph E. Stiglitz has time and again diagnosed America's greatest economic challenges, from the Great Recession and its feeble recovery to the yawning gap between the rich and the poor. THE GREAT DIVIDE gathers his most provocative reflections on the subject of inequality, probing for answers to the greatest threat to American prosperity and explaining its role in the country's ongoing malaise.

Genre:    Price: $32.95    Form: Trade Cloth

Great War of Our Time: An Insider's Account of the CIA's Fight Against Al ... by Morell, Mike

THE GREAT WAR OF OUR TIME offers an unprecedented assessment of the CIA while at the forefront of our nation's war against al-Qa'ida and during the most remarkable period in the history of the Agency. Called the "Bob Gates of his generation," Michael Morell is a top CIA officer who saw it all—the only person with President Bush on 9/11/01 and with President Obama on 5/1/11 when Usama Bin Laden was brought to justice. Like Ghost Wars , See No Evil , and At the Center of the Storm , THE GREAT WAR OF OUR TIME will be a vivid, newsmaking account of the CIA, a life of secrets and a war in the shadows.

Genre:    Price: $31.00    Form: Trade Cloth

www.whitehots.com
**Gumption : Relighting the Torch of Freedom with America’s Gutsiest Troublem ...**
*by* Offerman, Nick

FP 200,000. The star of PARKS & RECREATION and author of the NEW YORK TIMES bestseller PADDLE YOUR OWN CANOE returns with a second book that humorously focuses on the lives of those who inspired him. From George Washington to Willie Nelson, he describes a few dozen of these heroic figures and why they inspire in him such great meaning. He’ll combine both serious history with light-hearted humour - comparing, say, George Washington’s wooden teeth to his own experience as a woodworker. Also available UAB/CD

Genre:

Price: $31.00 Form: Trade Cloth

**H Is for Hawk**
*by* Macdonald, Helen

FP 20,000(CDN) Destined to be a classic of nature writing, the story of how one woman trained a goshawk. H IS FOR HAWK was the winner the 2014 Samuel Johnson Prize and a #1 Bestseller in the UK. Heart-wrenching and humorous, this book is an unflinching account of bereavement and a unique look at the magnetism of an extraordinary beast, with a parallel examination of a legendary writer’s eccentric falconry. Obsession, madness, memory, myth, and history combine to achieve a distinctive blend of nature writing and memoir from an outstanding literary innovator.

Genre: SPIRITUALITY

Price: $32.00 Form: Trade Cloth

**Humans Are Underrated : Proving Your Value in the Age of Brilliant Technolo ...**
*by* Colvin, Geoff

FP 75,000. From the bestselling author of TALENT IS OVERRATED, an extensive look at the essential human skills that can never be replaced by technology. In the economy of a few years from now, what will people do better than computers? The real issue is what we humans are hardwired to do for and with one another, arising from our deepest, most essentially human abilities - empathy, social sensitivity, storytelling, humor, forming relationships, creativity. These are how we create value that all people hunger for, that is unique and not easily quantified.

Genre:

Price: $32.95 Form: Trade Cloth

**ISIS : The State of Terror**
*by* Stern, Jessica

FP 75,000. ISIS: THE STATE OF TERROR offers practical ideas on potential government responses - most importantly, emphasizing that we must alter our present conceptions of terrorism and terrorists and react to the rapidly changing jihadi landscape, both online and off, as quickly as the terrorists do. As it lays out what our next move - as a country, as a government, as the world - should be, it offers a vital assessment of the future of counterterrorism and countering violent extremism. Jessica Stern and J. M. Berger analyze the tools ISIS uses both to frighten innocent citizens and lure new soldiers.

Genre:

Price: $31.99 Form: Trade Cloth

Page: 5 www.whitehots.com
It's a Long Story: My Life
by Nelson, Willie
FP 350,000. This is the unvarnished, complete story of Willie Nelson's life, told in his distinct voice and leaving no moment or experience unturned, from Texas and Nashville to Hawaii and his legendary bus. Having recently turned 80, Nelson is ready to shine on a light on all aspects of his life, including his drive to write music, the women in his life, his collaborations, and his biggest lows and highs—first from his bankruptcy to the founding of Farm Aid. Nelson still tours the country and headlines music festivals and has found his way into the hearts and minds of fans the world over. Also available UAB/CD & LP

Genre: 
Price: $33.00 
Form: Trade Cloth
Publisher: Little Brown & Company 
Pages: 400 
Pub. Date: May 2015

JJ Virgin's Sugar Impact Diet Cookbook: 150 Low-Sugar Recipes to Help You ... 
by Virgin, J. J.
FP 150,000. JJ Virgin's SUGAR IMPACT DIET revolutionized the way readers think about sugar. This companion cookbook brings the groundbreaking diet into the kitchen and makes it easier and tastier for readers to drop damaging sugars and lose fat fast. Featuring more than 150 delicious and simple recipes, including mouthwatering breakfasts, lunches, dinners, snacks and sweet-tooth-taming desserts, this cookbook is designed to help readers drop pounds and melt away fat without missing the foods they love. Includes meal plans, grocery lists, and customizable menus for readers with special diets.

Genre: SUGAR-FREE DIET
Price: $30.00
Form: Trade Cloth
Publisher: Grand Central Publishing
Pages: 288
Pub. Date: May 2015

Last Love Song: A Biography of Joan Didion
by Daugherty, Tracy
In The Last Love Song, Tracy Daugherty, the critically acclaimed author of Hiding Man (a New Yorker and New York Times Notable book) and Just One Catch, delves deep into the life of distinguished American author and journalist Joan Didion in this, the first printed biography published about her life. Joan Didion lived a life in the public and private eye with her late husband, writer John Gregory Dunne, whom she met while the two were working in New York City when Didion was at Vogue and Dunne was writing for Time. They became wildly successful writing partners when they moved to Los Angeles and co-wrote screenplays and adaptations together. Didion is well-known for her literary journalistic style in both fiction and non-fiction. Some of her

Genre: 
Price: $39.99 
Form: Trade Cloth
Publisher: St. Martin's Press 
Pages: 672 
Pub. Date: August 2015

Letters to My Grandchildren
by Suzuki, David
In these inspiring letters to his grandchildren, David Suzuki speaks personally and passionately about their future. He also explains why sports, fishing, feminism, and failure are important; why it is dangerous to deny our biological nature; and why First Nations must lead a revolution. He even has something to say about fashion. His letters are also chockfull of stories about his own childhood and anecdotes about his children and grandchildren when they were small, providing an intimate look at Suzuki's life as a father and grandfather. Canadian author - Vancouver

Genre: 
Price: $27.95 
Form: Trade Paper
Publisher: Greystone Books Ltd. 
Pages: 176 
Pub. Date: June 2015
No Better Friend : One Man, One Dog, and Their Extraordinary Story of Coura...
by Weintraub, Robert

The extraordinary tale of friendship and survival between a man and a dog in war. AN UNCOMMON BOND tells the remarkable story of Royal Air Force technician Frank Williams and Judy, a purebred pointer, who met in an internment camp during WWII. Judy was a fiercely loyal animal who sensed danger and instinctively mistrusted anyone in enemy uniform. Their relationship deepened throughout their imprisonment. The prisoners suffered severe beatings which Judy would interrupt with her barking. The dog became a beacon for the men, who saw in her survival a flicker of hope for their own. Judy was the war's only canine POW, and when she passed away in 1950, she was buried in her Air Force jacket. Williams would never own another dog. Their

Publisher: Little Brown & Company
Pages: 368
Pub. Date: May 2015

North Of 49
by Trudeau, Margaret

FP 50,000(CDN) In this candid and engaging book, Margaret Trudeau, author of the #1 bestelling memoir CHANGING MY MIND, offers women an inspirational and practical approach to creating a healthy, happy, secure and satisfying future life. From dating and online romance to health practices and financial planning, TIME OF YOUR LIFE explores the fundamentals needed for the best future by discussing cornerstone issues such as housing, money, sex, friendship and children. Always a rebel at heart, Margaret looks at what the experts have to say and weaves through her own point of view.

Publisher: HarperCollins Canada, Limited
Pages: 320
Pub. Date: April 2015

O’s Little Book of Happiness
by Oprah Magazine Editors

FP 75,000. A collection of thoughtful and affecting writing on happiness - the first in a series of inspirational books from O. MAGAZINE. From an ode to the power of questions by Elizabeth Gilbert, a tribute to the animal who taught her everything by Jane Smiley, practical advice about boosting your bliss from Gretchen Rubin, a call to find playful joy in one’s life by Brené Brown, a guide to trading stress for serenity by Shonda Rhimes, a moving glimpse inside the mind of Neil deGrasse Tyson, and much, much more.

Publisher: Flatiron Books
Pages: 192
Pub. Date: March 2015

Once upon a Time in Russia : The Rise of the Oligarchs--A True Story of Amb ... by Mezrich, Ben

FP 125,000. The bestselling author of BRINGING DOWN THE HOUSE and ACCIDENTAL BILLIONAIRES delivers an epic drama of wealth, rivalry, and betrayal among mega-wealthy Russian oligarchs - and its international repercussions. Written with the heart-stopping pacing of a thriller - but even more compelling because it is true - this story of amassing obscene wealth and power depicts a rarefied world seldom seen up close. Under Berezovsky’s krysha, Abramovich built one of Russia’s largest oil companies from the ground up and in exchange made cash deliveries - including $491 million in just one year.

Publisher: Atria Books
Pages: 288
Pub. Date: June 2015
Out of Orange
by Wolters, Cleary

FP 75,000. The real-life Alex Vause from the critically acclaimed, top-rated Netflix show ORANGE IS THE NEW BLACK tells her true story, offering details and insights that fill in the blanks, set the record straight, and answer common fan questions. An insightful, frustrating, heartbreaking, and uplifting analysis of crime and punishment in our times, OUT OF ORANGE is an intimate look at international drug crime. Told by a woman originally thrust into the spotlight without her permission - Wolters learned about Piper's memoir in the media.

Genre: 
Price: $31.99 
Form: Trade Cloth 
Publisher: Harper Collins Publishers 
Pages: 288 
Pub. Date: May 2015

Promise of Francis : The Man, the Pope, and the Challenge of Change
by Willey, David

FP 50,000. With more than four decades of firsthand experience reporting from Vatican City, David Willey explores the religious and personal background of Pope Francis and his ability to fulfill the promises of reform made during the first two years of his papacy. He tells the inside story of how this most unlikely man came from “the end of the world” to lead the world’s largest corporation into the future, stirring millions to interest and faith again through his frank speeches and benevolent beliefs. In putting this all into context, Willey seeks to further unravel the mysteries and conspiracies that continue to surround the Roman Catholic Church.

Genre: 
Price: $32.00 
Form: Trade Cloth 
Publisher: Gallery Books 
Pages: 320 
Pub. Date: September 2015

Rise of ISIS
by Hall, Benjamin

A year ago, few people had heard of ISIS-- today, they are a major terrorist threat. Despite numerous warnings from intelligence services, ISIS's rise to power has left countries around the world floundering for solutions. Today, we face a threat that is more violent, powerful and financially stronger than ever before. In this book, Journalist Benjamin Hall will provide insights by answering the basic questions we still don't have the answers to. By embedding himself behind enemy lines, Hall provides a riveting narrative based on firsthand experience and personal interviews.

Genre: 
Price: $27.00 
Form: Trade Cloth 
Publisher: Center Street 
Pages: 256 
Pub. Date: February 2015

Someone Is Hiding Something : What Happened to Malaysia Airlines Flight 370 ...
by Belzer, Richard

A year after the disappearance and commencement of the international search for Malaysia Airlines Flight 370, no sign of the plane has been found--no debris, no bodies, no sign of the much-talked-about black box. Richard Belzer and David Wayne want to know why. Scrutinizing the theories the media and politicians around the world claim are the "most likely" reasons the plane crashed, Belzer and Wayne argue that if a year after a huge Boeing 777 has gone missing, and there's still no sign of it whatsoever, it's time to think outside the box. The public needs to stop being misled. If a plane and it's passengers went "missing" once, what's to stop it from happening again? In informative, engaging text, Belzer and Wayne consider ten lesser-talked-about possible
Tox-Sick: How Toxins Accumulate to Make You Ill–And Doctors Who Show You... by Somers, Suzanne

FP 100,000. Women’s health pioneer and beloved bestselling phenomenon Suzanne Somers aims to provide readers with an arsenal of solutions for thriving, not just surviving in an increasingly toxic world. Suzanne interviews cutting-edge doctors in the fields of environmental medicine and integrative health, providing a clear identification of the core reasons we’re so ‘tox-sick’ as well as a whole-life plan for detoxifying your body, home, and life for optimal health, weight, and living.


Under the Same Sky: From Starvation in North Korea to Salvation in America... by Kim, Joseph

A searing story of starvation and survival in North Korea, followed by a dramatic escape, rescue by activists and Christian missionaries, and success in the United States thanks to newfound faith and courage. Inside the hidden and mysterious world of North Korea, Joseph Kim lived a young boy’s normal life until he was five. Then disaster struck: the first wave of the Great Famine, a long, terrible ordeal that killed millions, including his father, and sent others, like his mother and only sister, on desperate escape routes into China. Alone on the streets, Joseph learned to beg and steal. He had nothing but a street-hardened survival instinct. Finally, in desperation, he too crossed a frozen river to escape to China. There a kindly Christian woman took him in, kept


Uniquely Human: A Different Way of Seeing Autism by Prizant, Barry M.

Essential reading for any parent, teacher, therapist, or caregiver of a person with autism: a groundbreaking book on autism, by one of the world's leading experts, who portrays autism not as a tragic disability, but as a unique way of being human. Autism is usually portrayed as a checklist of deficits, including difficulties interacting socially, problems in communicating, sensory challenges, and repetitive behavior patterns. This perspective leads to therapies focused on ridding individuals of "autistic" symptoms. Now Dr. Barry M. Prizant, an internationally renowned autism expert, offers a new and compelling paradigm: the way to help a person with autism change for the better, he argues, is to change ourselves—our attitudes and our behavior. In Uniquely


Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by McGONIGAL, Kelly

FP 75,000. The author of WILLPOWER INSTINCT delivers a controversial and groundbreaking new book that overturns long-held beliefs about stress. McGonigal highlights new research indicating that stress can, in fact, make us stronger, smarter, and happier— if we learn how to embrace it. THE UPSIDE OF STRESS is the first book to bring together cutting-edge discoveries on the correlation between resilience - the human capacity for stress-related growth - and mind-set, the power of beliefs to shape reality. Also available UAB/CD

Very Good Lives: The Fringe Benefits of Failure and the Importance of Imagination
by Rowling, J. K.

FP 200,000. In 2008, J.K. Rowling delivered a deeply affecting commencement speech at Harvard University. Now published for the first time in book form, VERY GOOD LIVES presents J.K. Rowling’s words of wisdom for anyone at a turning point in life. How can we embrace failure? And how can we use our imagination to better both ourselves and others? Drawing from stories of her own post-graduate years, the world famous author addresses some of life’s most important questions with acuity and emotional force.

Genre:          Price: $16.00          Form: Trade Cloth

Work Rules!: Insights from Inside Google That Will Transform How You Live
by Bock, Laszlo

FP 200,000. From the visionary head of Google's innovative People Operations - a groundbreaking inquiry into the philosophy of work and a blueprint for attracting the most spectacular talent to your business and ensuring the best and brightest succeed. Drawing on the latest research in behavioural economics and with a profound grasp of human psychology, Bock also provides teaching examples from a range of industries--including companies that are household names but hideous places to work, and little-known companies that achieve spectacular results by valuing and listening to their employees. Also available UAB/CD

Genre: GOOGLE Price: $33.00 Form: Trade Cloth
Alanna Collen. You are just 10% human. For every one of the cells that make up the vessel that you call your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, brain and skin, but also bacteria and fungi. Over your lifetime, you will carry the equivalent weight of five African elephants in microbes. You are not an individual but a colony. Until recently, we had thought our microbes hardly mattered, but science is revealing a different story, one in which microbes run our bodies; remaining a healthy human is impossible without them. 10% Human book. Read 200 reviews from the world's largest community for readers. Fino a non molto tempo fa eravamo convinti che il ruolo dei microbi fos... Å “There came a moment in my discovery of the microbes that inhabit the human body when I stopped seeing myself as an individual, and began to consider myself instead as a vessel for my microbiota. Now, I see us -- myself and my microbes -- as a team . . . . I am their provider and protector, and in return they sustain and nourish me. I find myself thinking about my meal choices in terms of what my microbes would be grateful for” 121. “Obesity, allergies, autoimmune diseases and mental health conditions all show significant rises in the permeability of the intestines, with chronic