



The Everything KIDS' Human Body Book: All You Need to Know About Your Body Systems - From Head to Toe! (The Everything® Kids Series)

Sheri Amsel

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A book about the most interesting thing on earth--you!

What happens to food after you eat it?
Why is your blood red?
How do your bones grow?

Your body is an amazing machine. Every second of the day and night--without you even knowing it--your body is busily working to keep you running smoothly. When you think about how complicated the human body is and how little goes wrong, it is really an incredible feat! So how does your body do it all?

The Everything Kids' Human Body Book is the expert answer to all your questions--from the tips of your toes to the top of your head, you will learn the hows and whys of the human body. Author Sheri Amsel takes you on a journey through the body, with information on:

- The muscles--from your biceps to your heart
- Your nerves and how they transmit messages
- How your skin heals itself
- Bones, joints, and other things you shouldn't break
- Blood, guts, and the circulation system
- How your body digests food (it's not always pretty!)
- Why you need air and how breathing works

With more than 30 different puzzles and games about the human body, plus information on how to take care of your own body with good nutrition, exercise, and more, *The Everything Kids' Human Body Book* is the ultimate way to learn how the body works--inside and out!

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Joy Hutchinson:

People live in this new day of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both day to day life and work. So , whenever we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is usually The Everything KIDS' Human Body Book: All You Need to Know About Your Body Systems - From Head to Toe! (The Everything® Kids Series).

Annie Hiatt:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Everything KIDS' Human Body Book: All You Need to Know About Your Body Systems - From Head to Toe! (The Everything® Kids Series), you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its known as reading friends.

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