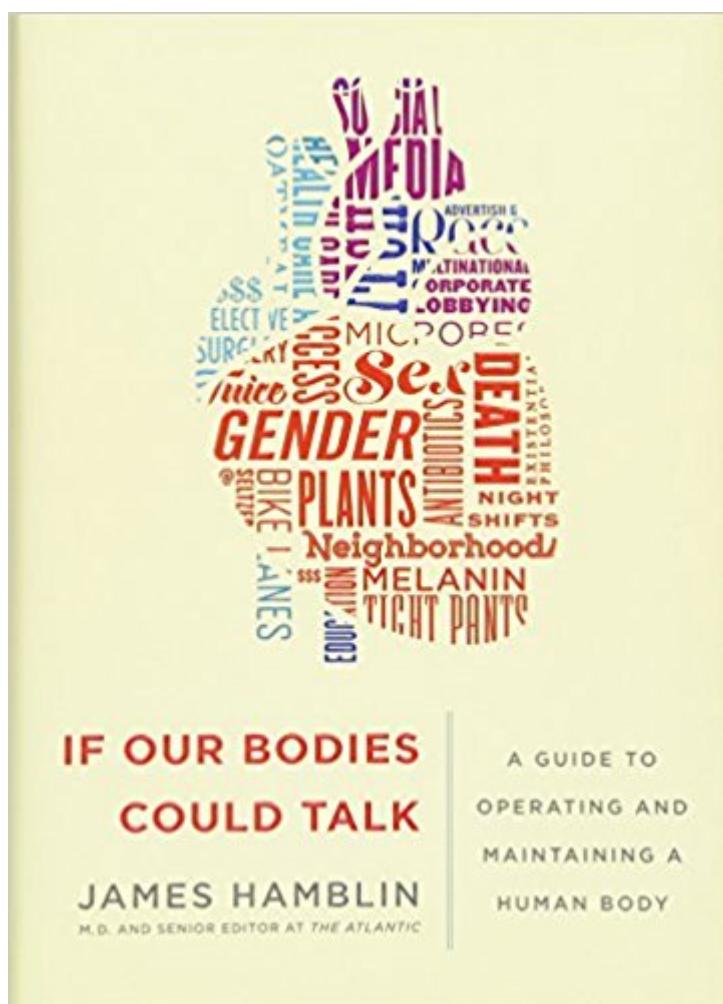


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# If Our Bodies Could Talk: A Guide To Operating And Maintaining A Human Body



## Synopsis

"If you want to understand the strange workings of the human body, and the future of medicine, you must read this illuminating, engaging book." —Siddhartha Mukherjee, author of *The Gene* In 2014, James Hamblin launched a series of videos for *The Atlantic* called "If Our Bodies Could Talk." With it, the doctor-turned-journalist established himself as a seriously entertaining authority in the field of health. Now, in illuminating and genuinely funny prose, Hamblin explores the human stories behind health questions that never seem to go away—and which tend to be mischaracterized and oversimplified by marketing and news media. He covers topics such as sleep, aging, diet, and much more: Can I boost my immune system? Does caffeine make me live longer? Do we still not know if cell phones cause cancer? How much sleep do I actually need? Is there any harm in taking a multivitamin? Is life long enough? In considering these questions, Hamblin draws from his own medical training as well from hundreds of interviews with distinguished scientists and medical practitioners. He translates the (traditionally boring) textbook of human anatomy and physiology into accessible, engaging, socially contextualized, up-to-the-moment answers. They offer clarity, examine the limits of our certainty, and ultimately help readers worry less about things that don't really matter. *If Our Bodies Could Talk* is a comprehensive, illustrated guide that entertains and educates in equal doses.

## Book Information

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## Customer Reviews

"This book answers all the questions you ever had about your health—plus a whole

lot of questions that never occurred to you but should have. Even if you don't care about your health you should read it, because Hamblin is such a delightfully amusing writer.

•Walter Isaacson, #1 New York Times bestselling author of *The Innovators* and *Steve Jobs*"Reading James Hamblin's book is like taking a journey through the vast and uncharted landscape of 'health science.' Fad Diets. The science of vaccines. The truth (and lies) behind coffee. The rumblings of the stomach. If you want to understand the strange workings of the human body, and the future of medicine, you must read this illuminating, engaging book."

•Siddhartha Mukherjee, #1 New York Times bestselling author of *The Gene* and *The Emperor of All Maladies*"Jim is the friendly pocket doctor I've always longed to carry around with me, chirping helpful medical advice into my ear like 'You can't stop touching your face' and alerting me to the dangers of 'catching a wild cow and convincing it to let itself be milked.' Without him, I might not have a body at all.

•Mallory Ortberg, author of *Texts From Jane Eyre*"[Hamblin] writes with sarcasm, humor, and a sense of astonishment. He does a stellar job with nutrition, covering supplements, multivitamins, energy drinks, and gluten. He calls out medical misinformation and marketing myths. Educational, entertaining, and a bit eccentric.

•Booklist" Fascinating... Challenging what one interviewee calls the 'scientific misinformation and marketing-based facts' we are bombarded with daily, this book will be a useful tool for helping people get in touch with their own bodies.

•Publishers Weekly" Charming, engrossing, occasionally heartbreak, and at times political. If *Our Bodies Could Talk* does not set out to be comprehensive, and yet it feels holistically so. a testament to Hamblin's intelligence and humor.

•Elle" Underneath the curiosity factor and his nerdy charm, Hamblin conveys useful information. That's a win-win for everyone.

•Success.com" If *Our Bodies Could Talk*, they'd want James Hamblin taking dictation.

•Sloane Crosley, *Vanity Fair*"Witty. The book reads sort of like an FAQ section of a how-to manual for the human body, but it's much more funny and engaging than any manual.

•The New Yorker" The book reads sort of like an FAQ section of a how-to manual for the human body, but it's much more funny and engaging than any manual.

•The Daily Beast" A humorous, highly narrative, plainly written manual to the body that covers everything from why we scratch itches to how our hearts know to beat.

•Missoula Independent

JAMES HAMBLIN is a writer and senior editor at *The Atlantic* magazine. He was a 2015 Yale University Poynter Fellow in journalism, and his work has been featured by the New York Times,

Politico, NPR, BBC, MSNBC, New York, and The Awl. He was a finalist for the 2015 Webby award for Best Web Personality, and Time has named him among the 140 people to follow on Twitter. He is based in Brooklyn, New York.

Very well-researched presentation of vital health information; so well written with zest and humor. I strongly recommend this book. I'm having the best time ever reading and re-reading the chapters. Thank you, Dr. Hamblin!

This is a really enjoyable book, a true pleasure to read! It is full of meaningful, relevant health information - as well as some just plain interesting factoids. The witty humor and quips keep it moving while the legitimate informative content makes you want to read more. The format also allows one to pick up and enjoy any one topic or topics for a quick snippet. ...Highly recommend!

So excited to have Dr. Hamblin's writing in a book after following his hilarious online videos. Definitely looking forward to a healthier 2017 :)

Hamblin has written a captivating book that answers every health care question imaginable. His format includes asking copious questions and exploring the answers through real life stories of people who have experienced a variety of health conditions. Research is shared in a humorous and easy to understand script. An example of this format includes my favorite story in the book. It is in response to the question; "Am I having a seizure?" As a child, Beth Usher had so many seizures a day that her parents finally made the incredibly difficult decision to have half of her brain removed. Her inspiring journey includes the use of humor in the recovery process. Although Beth still has some disabilities as a result of the surgery, she completed the AATH (Association for Applied and Therapeutic Humor) Humor Academy program to become a CHP (Certified Humor Professional). Beth currently is a speaker presenting workshops titled "Always in My Right Mind". Hamblin follows up on her story by exploring the research on topic rarely addressed in medical journals: "How is Laughter Medicine?" This book has my highest recommendation.

I love Hamblin's work for the Atlantic so when I saw he wrote a book I had to read it. He is very funny and a bit weird (in the best way), while also tackling very important and urgent issues facing our society and our planet. Would recommend this book to anyone!

A very interesting read. I read this on the plane. It was funny in spots yet informative. It answered some questions regarding things that make you go mmmm. I recommend as its interesting and original.

Highly recommended. Dr. Hamblin has produced an easy to understand excellent primer on the body. Much like his podcasts, he gets to the point quickly and clearly. Read this book and you will be able to avoid much of the quackery that passes for medical advice from the "they say" types. Good read.

Have watched and read him on the Atlantic for years. Glad he put this in book form. I learned a lot, and will be using to check my knowledge of health issues in the future. He really does a good job, and I do hope he has a long career.

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