



The Rhythms Of Life: The Biological Clocks That Control the Daily Lives of Every Living Thing

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Popular science at its most exciting: the breaking new world of chronobiology - understanding the rhythm of life in humans and all plants and animals. The entire natural world is full of rhythms. The early bird catches the worm -and migrates to an internal calendar. Dormice hibernate away the winter. Plants open and close their flowers at the same hour each day. Bees search out nectar-rich flowers day after day. There are cicadas that can breed for only two weeks every 17 years. And in humans: why are people who work anti-social shifts more illness prone and die younger? What is jet-lag and can anything help? Why do teenagers refuse to get up in the morning, and are the rest of us really 'larks' or 'owls'? Why are most people born (and die) between 3am-5am? And should patients be given medicines (and operations) at set times of day, because the body reacts so differently in the morning, evening and at night? The answers lie in our biological clocks the mechanisms which give order to all living things. They impose a structure that enables us to change our behaviour in relation to the time of day, month or year. They are reset at sunrise and sunset each day to link astronomical time with an organism's internal time.

The Rhythms Of Life: The Biological Clocks That Control the Daily Lives of Every Living Thing Details

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From Reader Review The Rhythms Of Life: The Biological Clocks That Control the Daily Lives of Every Living Thing for online ebook

carla says

This was extremely dense for the first 6 chapters and then got a little easier to read. An excellent overview of chronobiology with lots of food for thought not just for oneself but about the integrative nature of science and just how many unanswered questions there are in the world. Stick with it, it's worth it.

Erin Eckert says

In depth and informative, interesting, but rather tedious.

Guy says

Very interesting on one level, but wasn't able to get through it. Will hopefully pick it up again one . . .

Dianne says

This is a must read for anyone who feels like they've been discriminated against because they are a night owl and MUST change their sleeping habits to fit in with the rest of the world. It is very technical but it is possible to get a great deal of pertinent information even skipping all the scientific gene expression - DNA - RNA stuff. The point is some of us are Late Chronotypes and that is how we were born just like our eye color is what we were born with. This book was very liberating on a personal level.

Bold Bookworm says

... This book is mighty tasty, packed full of summaries and excerpts from a buffet of scientific studies. It flows smoothly but does get technical at some points. Because it is a concise, convincing and well-sourced dish, it gets the highest rating!

Read the entire review here: <http://boldbookworm.com/rol050712.html>

~ BB

<http://boldbookworm.com>

Zhihua says

I'm not surprised that you could not get through it. Though this book is full of useful information, in general it is pretty boring. The authors did a good job hiding interesting stories in those obscure and difficult background and they are very rambling. If the content had been organized in another way and been more succinct, it would be a great read.
