



Sex Sleep Eat Drink Dream: A Day in the Life of Your Body

By Jennifer Ackerman

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Sex Sleep Eat Drink Dream: A Day in the Life of Your Body By Jennifer Ackerman

The acclaimed science writer Jennifer Ackerman lends her keen eye and lively voice to this marvelous exploration of the human body. Taking us through a typical day, from the arousal of the senses in the morning to the reverie of sleep and dreams, Ackerman reveals the human form as we've never seen it: busy, cunning, and miraculous.

Advances in genetics and medical imaging have allowed us to peer more deeply inside ourselves than ever before, and one of the most amazing recent discoveries is that we are intensely rhythmic creatures. The human body is like a clock — actually an entire shop of clocks — measuring out the seconds, minutes, days, and seasons of life. Weaving pieces of her own life with that of Everyman, Ackerman shows the importance of synchronizing our actions with our biological rhythms — and how defying them can cause us real harm.

We learn the best time of day to drink a cocktail, take a nap, run a race, give a presentation, and take medication, along with a host of other curious facts, such as why you succumb to a cold and your spouse doesn't, even though you've both been exposed to the same sick child.

Did you know that you can tell time in your sleep? Or that up to half of the calories you consume can be burned off simply by fidgeting? That women have more nightmares than men? That tuna, sardines, and walnuts may ease depression?

At once entertaining and deeply practical, this fascinating book will make you think of your body in an entirely new way.

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Editorial Review

From Publishers Weekly

Just as Michael Sims does in his planetary guide, *Apollo's Fire* (Reviews, June 11), science journalist Ackerman (*Notes from the Shore*) uses a single day as a narrative framework for examining a wide array of scientific information, but she has chosen a much more intimate subject: the human body. Starting with a 5:30 a.m. wakeup call and working through to the wee hours (with a pause for a restorative midday nap), she explains the complex details behind some of the body's most basic functions. The day is a somewhat arbitrary structure for topics that could be discussed at any time (she holds off on exercise until the late afternoon, for example), but the arrangement is never obtrusive, and Ackerman's prose is inviting. While she doesn't offer a radical new perspective on the human body, she does provide a steady stream of interesting information on things like the tiny hair cells inside the cochlea that enable us to hear even the briefest of noises, and the aphrodisiac allure for women of the odor of men's underarm sweat. All in all, Ackerman offers an pleasant day's diversion. (Oct. 2)

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From [Booklist](#)

When are we the most mentally alert? What makes us feel hungry? A skilled and personable science journalist, Ackerman has hit her stride in her third book, a virtual full-body scan conducted over the course of 24 hours. With informational exactitude and conversational casualness, Ackerman summarizes and contemplates the latest findings regarding body processes and life habits. Beginning with our grogginess upon awaking and moving through a typically demanding day and night of too little sleep, Ackerman explains the mechanics and significance of the body's inner clock, why touch is essential to our well-being, and how those billions of microbes we host, weighing an estimated two pounds, help us digest food. Stress is Ackerman's most compelling subject: what it is exactly, what havoc it wreaks, and how to control it. As she touts the benefits of exercise, music, companionship, and laughter, which she describes as "stress therapy rooted in ancient neural threads of joy," one can't help but note that scientific breakthroughs are proving the veracity of age-old adages about how to live right. Seaman, Donna

Review

"It's rare to find a book that delivers so much knowledge in prose that's such an enormous pleasure to read." --Miriam E. Nelson, Tufts University, and author of *Strong Women Stay Young*

"Jennifer Ackerman writes with the precision of a scientist and the elegance of a poet . . . invigorating, informed, insightful, and wise." --Steve Olson, author of *Mapping Human History* and *Count Down*

"A fascinating look at what modern science tells us about who we are." --Elizabeth Kolbert, author of *Field Notes from a Catastrophe*

"A delightful picaresque . . . You'll never think about your body—and what you do to it—in the same way again." --Stephen S. Hall, author of *Size Matters* and *Merchants of Immortality*

"Ackerman offers a pleasant day's diversion." Publishers Weekly

"An insightful text celebrating just how clever is the machine we call the human body." Kirkus Reviews

Ackerman has hit her stride [with] a virtual full-body scan conducted over the course of 24 hours." Booklist, ALA

"A readable and remarkably comprehensive tour of all that is new and intriguing in the study of normal human physiology." --Abigail Zuger, M.D.

The New York Times

"Ackerman's illuminating and hospitable book helps ensure that the inner life of our bodies will receive its fair share of wonderment." --Kyla Dunn The New York Times Book Review

Users Review

From reader reviews:

Cheryl Stone:

The reserve untitled Sex Sleep Eat Drink Dream: A Day in the Life of Your Body is the publication that recommended to you to study. You can see the quality of the guide content that will be shown to an individual. The language that publisher use to explained their way of doing something is easily to understand. The article author was did a lot of exploration when write the book, hence the information that they share for your requirements is absolutely accurate. You also might get the e-book of Sex Sleep Eat Drink Dream: A Day in the Life of Your Body from the publisher to make you considerably more enjoy free time.

Courtney O'Donnell:

Reading can called imagination hangout, why? Because while you are reading a book specifically book entitled Sex Sleep Eat Drink Dream: A Day in the Life of Your Body the mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely will become your mind friends. Imaging every word written in a e-book then become one form conclusion and explanation that maybe you never get just before. The Sex Sleep Eat Drink Dream: A Day in the Life of Your Body giving you one more experience more than blown away your brain but also giving you useful facts for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind will probably be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Kimberly Morris:

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Mildred Brummett:

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