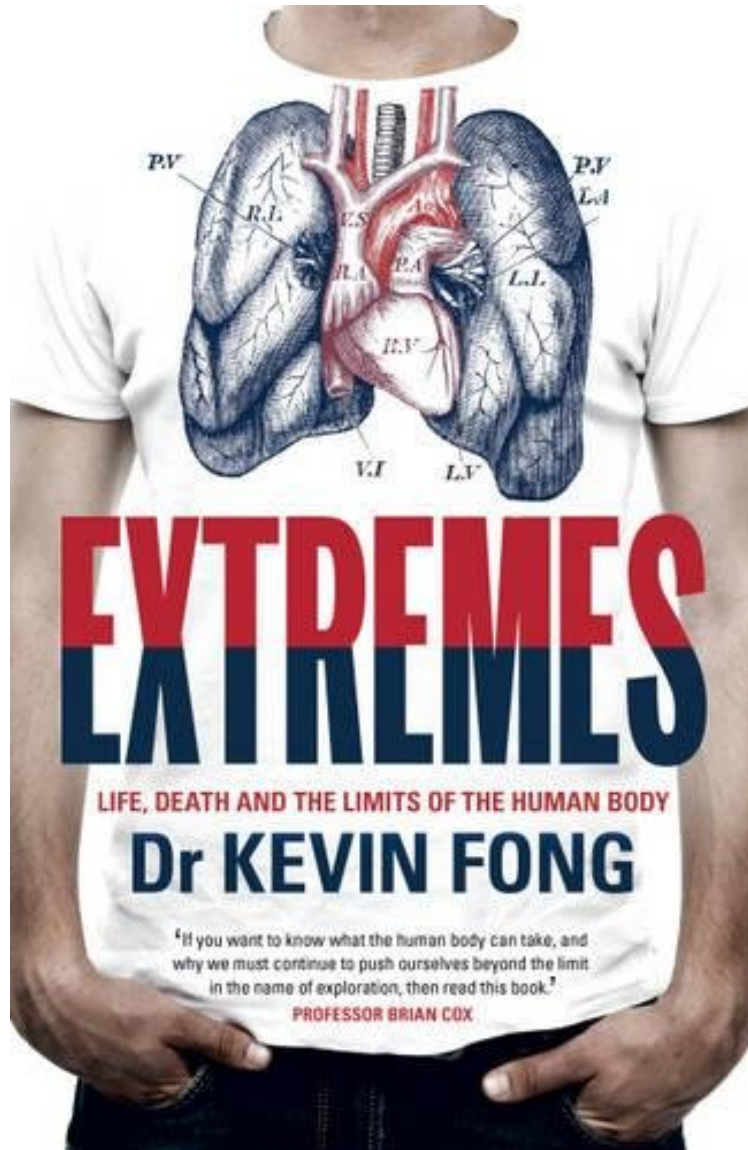


[Get free] Extremes: Life, Death and the Limits of the Human Body. Kevin Fong

Extremes: Life, Death and the Limits of the Human Body. Kevin Fong

Kevin Fong

audiobook / *ebooks / Download PDF / ePub / DOC



DOWNLOAD



READ ONLINE

#905877 in Books 2013-03-01 Original language: English PDF # 1 9.45 x 1.22 x 6.181, .30 #File Name: 1444737740341 pages | File size: 70.Mb

Kevin Fong : Extremes: Life, Death and the Limits of the Human Body. Kevin Fong before purchasing it in order to gauge whether or not it would be worth my time, and all praised Extremes: Life, Death and the Limits of the Human Body. Kevin Fong:

0 of 0 people found the following review helpful. well wrirenBy Paul ReardonThe book is a amazing look into the

human body. Written with expertise. A good read. I would recommend it to people interested in pushing the limits of their body. 1 of 1 people found the following review helpful. Fabulously written. By Mags. An excellent account of the capacity of the human body, with fascinating insight into the life of a working doctor. "Extremes" is written such that people without a knowledge of anatomy or medicine can fully appreciate how extraordinary we are, with delicately unravelled case studies explaining the limits of our physiology. By relating some of the experiences Dr. Fong had as a junior doctor and throughout his career, there is an added personal touch to the stories, which reveal his genuine passion for medicine and awe of the human body. Written with humility and candour, it is revelatory and yet humbling. Extremely enjoyable! 1 of 3 people found the following review helpful. Ripping good read. By Tim Leeuwenburg. Intelligently written, Dr Fong's "Extremes" takes the reader on an exploration from ocean depths, into space, to the boundaries of surgery and old age. A good read - recommended.

'If you want to know what the human body can take, and why we must continue to push ourselves beyond the limit in the name of exploration, then read this book.' Professor Brian Cox. In anaesthetist Dr Kevin Fong's television programmes he has often demonstrated the impact of extremes on the human body by using his own body as a 'guinea pig'. So Dr Fong is well placed to share his experience of the sheer audacity of medical practice at extreme physiological limits, where human life is balanced on a knife edge. Through gripping accounts of extraordinary events and pioneering medicine, Dr Fong explores how our body responds when tested by the extremes of heat and cold, vacuum and altitude, age and disease. He shows how science, technology and medicine have taken what was once lethal in the world and made it survivable. This is not only a book about medicine, but also about exploration in its broadest sense - and about how, by probing the very limits of our biology, we may ultimately return with a better appreciation of how our bodies work, of what life is, and what it means to be human.

'His background makes him particularly well suited to writing a book about the limits of the human body, which he does with considerable skill and detail... This is an excellent book that makes you appreciate our species' remarkable resilience.' -- Michael Mosley * Focus * 'You don't have to have a degree in astrophysics or medicine to enjoy this book, just an interest in humanity and the human body. Since we all have one, that would be just about everyone.' * Scotsman * Fong has come up with an often fascinating and actually rather inspiring account of western medicine's ever-increasing expertise. * Daily Mail * 'It's terrifying but fascinating stuff... a gripping read.' * Guardian * 'If you have a sense of adventure and the miracle of life within you, then this book is for you... [Kevin Fong is] Brian Cox with a stethoscope.' * Times Higher Education Supplement * 'I was hooked. The book could easily have ended up as a series of Boy's Own tales of derring-do, but Fong elegantly balances heroism with rationalism, courage with compassion, shock with humility and humour.' -- Dr Alice Roberts * Observer * 'It would be hard to find anyone better qualified to write a book on the limits of human physiology than Dr Kevin Fong. His experiences in human spaceflight at NASA, in frontline medicine, and his deep scientific knowledge, shine through. If you want to know what the human body can take, and why we must continue to push ourselves beyond the limit in the name of exploration, then read this book.' * Professor Brian Cox * About the Author Kevin Fong is a doctor of medicine with a special interest in human space exploration and the medical challenges of living and working in extreme environments. He is a lecturer in physiology at University College London and has worked with NASA at Johnson Space Center in Houston. He currently works as a consultant anaesthetist at University College London Hospital, is founder and associate director of the Centre for Altitude, Space and Extreme Environment Medicine and is a Wellcome Trust Public Engagement Fellow. Dr Kevin Fong's broadcast career includes the acclaimed BBC TV documentaries Space Shuttle: The Final Mission, Back from the Dead and How to Avoid Mistakes in Surgery; Channel 4's series Extremes AE, as well as presenting science programmes for BBC Radio 4 and BBC World Service.