The Complete Human Body (Book & DVD-ROM) by DK Publishing

Great Health Education Resource

We inhabit it, we are it, and we are surrounded by 6.8 billion examples of it on the planet - the human body. Some parts of it are still mysteries to science and much is a mystery to the average person on the street. But we've come a long way from the sketches and diagrams drawn by the first anatomists in Ancient Greece.

Making full use of new medical procedures and imaging techniques, The Complete Human Body is the definitive guide to the development, form, function, and disorders of the human body, illustrated with unprecedented clarity by new computer-generated artworks and the latest medical and microscopic imaging. Exploring the body's form and function in greater depth than any other popular reference, from muscle structure and activity to motor pathways within the brain, The Complete Human Body will have great appeal to students and a broad range of healthcare professionals, as well as families. Includes an interactive DVD and website!

My Personal Review:
The Complete Human Body book by Alice Roberts, a physician, and many consultants, is what you wish you had available when you asked Mom, school teachers, friends and so forth questions about the human body. Likely you didn't receive really useful, let alone accurate information from them.

Few people know how their body works or are able to visualise its structure. This is a work (it includes a limited but useful DVD which does not duplicate the text page for page but can be taken with your laptop for
quick review) which presents the finest illustrations the layperson is ever likely to see. They are comprised of high quality computer generated images (which allows unlimited viewpoints for the publisher), photographs, along with body scans such as MRI and Ultra Sound. The artistic medical illustrations are astoundingly done also. The noted medical illustrator, the late Dr. Frank Netter, has some keen competition based on what I've seen here.

Your jaw will drop when you see some of these. The large size makes them maximally impressive and useful. This is not to say the text, particularly in the sections on diseases and physiology or in the labeling of the illustrations is anything but excellent as well. It is quite difficult to reduce what could, and has been, said about the human body, including the latest discoveries, to the point where it could be both meaningful and useful to the general public, but I was impressed.

This book was produced in the United Kingdom, printed in China, and published by DK in Great Britian in 2010.

I like the way the publisher, DK, conceptualises the work and lays out the pages. Most concepts are on a two page spread, sometimes with a huge, beautiful illustration of an anatomical or functional point. It has an excellent glossary and index. Its 512 pages are arranged in five large areas:

The Integrated Body.

Anatomy.

How The Body Works.

Life Cycle.

Diseases And Disorders.

The book starts with an anthropologists view of the human tree as far back as 75 million years ago to the point where humans and chimpanzees diverged (they are our closest animal relation genetically) to modern man. All life evolved from what lived before.

As I mentioned first, Dr. Roberts utilises a number of experts from the British medical and academic scene whose knowledge guarantees nothing of substance went untouched. However, this book benefits the general lay public, college students, bright high school students, and allied health students though is not the equivalent of going to medical school but it might inspire some bright young person. The much more extensive texts medical students use would form a stack from floor to ceiling. That said, this is the best medical education most people might ever find.
The book ends with a long section on disease designed to provide a brief overview of major conditions.

Highly recommended. DK Publishing is the best in this genre. This work represents a major production from a highly accomplished team. It doesn't get any better than this if you want to know more about what you are. Our body is us.

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