



Your Genes Unzipped: How Your Genetic Inheritance Shapes Your Life

By Tim Spector

Anova Books. Paperback. Book Condition: new. BRAND NEW, Your Genes Unzipped: How Your Genetic Inheritance Shapes Your Life, Tim Spector, Genes and the traits they produce are passed down because in general they have or had an evolutionary purpose. Sometimes just knowing that a problem you have is inbuilt and part of a genetic package can be helpful in the way you deal with it. This volume is a useful guide for anyone who wants to learn more about how genes affect them and their family's everyday lives. Structured around the human life cycle - starting with babies and ending with death - this title addresses issues such as the determination of personality and physical characteristics, the likelihood of disease, sex and risk-taking. In conjunction with research into family history and awareness of personal strengths and weaknesses, this book can help readers to maximize their environment and avoid problems.



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