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A Tour of the Senses John M. Henshaw, 2021-04-27 A blend of research findings and real world anecdotes about people's sensory experiences enlivens this historical view of the science behind perception Science News Ever wonder why some people have difficulty recognizing faces or why food found delicious in one culture is reviled in another John M Henshaw ponders these and other surprising facts in this fascinating and fast paced tour of the senses From when stimuli first excite our senses to the near miraculous sense organs themselves to the mystery of how our brain interprets senses Henshaw explains the complex phenomena of how we see feel taste touch and smell He takes us through the rich history of sensory perception dating back to Aristotle's classification of the five main senses and helps us understand the science and technology behind sensory research today A Tour of the Senses travels beyond our human senses Henshaw describes artificial sensing technologies and instruments unusual sensory abilities of the animal kingdom and techniques for improving rehabilitating and even replacing sense organs This entertaining introduction to sensory science is a clever mix of research findings and real world stories that helps us understand the complex processes that turn sensory stimuli into sophisticated brain responses A Tour of the Senses is a fun book which may be of interest to anyone who's ever wondered how the eye or ear works American Journal of Human Biology

Runner's World, 2008-07 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **11**

Marvelous Morning Habits That Made Me Lose 30lbs in 90 Days Natalie Benson, 2015-08-28 Wake up to the most refreshing morning routine ever My life was in a bad place to say the least until I started to do these 11 simple things every morning I will show you the mindset behind each action and how simple things done over time will completely change your life Get ready to lose some weight *The Ultimate Morning Routine - 2nd Edition* Morning Routine, Morning Ritual, 2014-08-12 The Ultimate Morning Routine Today only get this Amazon bestseller for just 2.99 Regularly priced at 4.99 Read on your PC Mac smart phone tablet or Kindle device Note This is the updated version WITHOUT all the grammatical errors and typos that existed in the previous version Edition number 1 And thank you to all of the thousands of people that downloaded the book during the free promotion I'm so grateful for that support I will continue to work hard on providing you with great content Thank you Brian The Ultimate Morning Routine You're about to discover how a morning routine a morning ritual The Hour of Power will help you start your day right and become much more productive This is the secret weapon that helps all successful people like CEO's of major corporations athletes and other high achievers to reach to the top of their field If you think you are ready to start your journey to a successful and productive life then let this book help you discover the importance of starting the day right Here Is A Preview Of What You'll Learn Why you have to start your day right Why a morning routine or morning ritual is crucial to your success What The hour of Power is How to use quiet time Mental conditioning How physical activity will give you an extra boost The 21 day challenge Much much more Download your copy

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