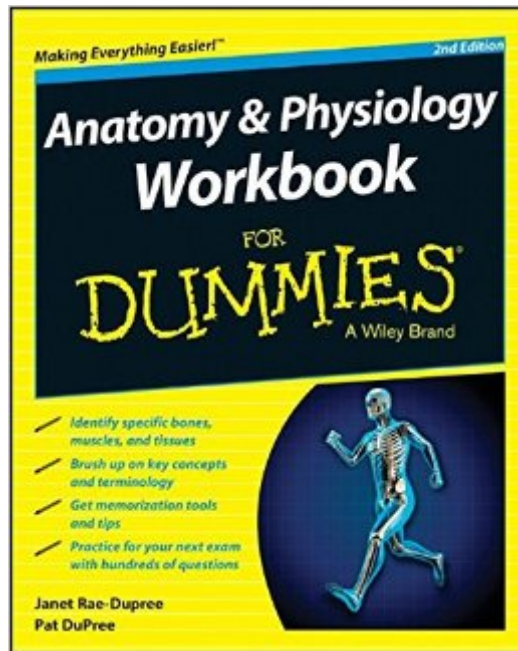


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# Anatomy And Physiology Workbook For Dummies



## Synopsis

Hundreds of practice problems to help you ace anatomy and physiology Are you flummoxed by phalanges, stymied by the scapula, or perplexed by pulmonary capillaries? Look no further. Topic by topic and problem to problem, *Anatomy & Physiology Workbook For Dummies*, 2nd Edition offers hundreds of practice problems, memorization tricks, and study tips to help you score higher in your anatomy and physiology course. With this handy guide you'll be identifying bones, muscles, and tissues like a pro in no time. You can pick and choose the chapters and types of problems that challenge you the most, or you can work from cover to cover to get a complete review of the subject. With plenty of practice problems on everything from cells and tissues to skin and specific muscle groups, *Anatomy & Physiology Workbook For Dummies*, 2nd Edition includes everything you need to truly understand the subject matter and score higher. Employ memorization strategies for maximum content retention Review key anatomy and physiology concepts Get complete answer explanations for all questions Follow along with a resource that tracks to a typical anatomy and physiology course From skeleton to skin, *Anatomy & Physiology Workbook For Dummies*, 2nd Edition is packed with practice anatomy and physiology problems that will have you mastering the subject in no time!

## Book Information

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## Customer Reviews

This is a good, no nonsense, supplement for people who are learning human anatomy and

physiology. Because I am a biostatistician, who does predictive modeling in medicine, I am forever needing to learn physiology to understand the projects I work on. I picked this up to help. The material on the area I know particularly well (neuroscience) is reasonably complete, accurate and useful. The chapter covering the material I am currently learning, kidney function, is very good but not ideal. This book is written to supplement a textbook. So, it is not as complete as I would have liked. Specifically, there are excellent text descriptions of all kinds of things but the labeled diagrams that go with them are not always in the book. Frequently the labeling of key pictures are left for exercises (with solutions). That means that most everything is here but you can't read this like a textbook and learn the material. The reader without a solid textbook will have to scrounge on the web for diagrams (or look at the answer key). If your goal is to supplement your human anatomy/physiology textbook and/or to get additional test questions, this is an excellent buy.

This is an excellent study guide, it would have been a perfect assistant to my Human Biology course. As the authors state the Dummies Anatomy & Physiology workbook is just that a work book to be used with a text book and I can clearly see how this is a great aid as the language is not as dry as a textbook and there are charts, and quizzes designed to help hammer all the terminology into the ol' noggin and quite frankly this is as concise as cliff notes but more easy to sustain for longer than the test. I picked this up as aid for an Anatomy & Physiology course but it is also proving to be an essential reference guide for my First Responder course. I really love how this guide highlights the pertinent information, and the "remember" icon helps to emphasize what is crucial and the "Tip" icons are great for providing mnemonic device. Despite the illustrations being only in black and white they are very clearly labeled and easy to follow. I am really appreciative of this book and can see where it will be a very important and useful study aid not just for classes but for future reference to myself and anyone else pursuing careers in either the medical field or health sciences, physical education or even personal training.

I'm a college graduate and this book is the worst. I have used "Dummies" books before and liked them so I'm not sure how this is so bad. Starting with the first chapter, I had to use the internet to reference what was being talked about when reading about atoms. This book does not break the information down.

As an adult returning to school and finding that her mind is not as nimble as it used to be I need extra resources just to stay above water. Supplemental instruction is key. Extra practice. Other ways

to learn. I love this. I would like one with Chemistry equations to practice as well please. It gives you the opportunity to put your knowledge down on paper, quiz yourself, learn a little more or a little differently than you your instructor taught you. It is a great idea and a remarkable help. The only downfall is that the paper is sort of soft and I feel like if I don't use pen I can't see what I wrote and if I use pen I make a mess if I have mistakes. The paper is my only complaint.

I have found the Dummies series of books to always be 5 star introductions for awareness level knowledge on most any subject, Anatomy & Physiology is another awesome Dummies book. Styled somewhat as a workbook, I appreciate the organizational structure how the material is presented. Whether you are taking high school or college A&P, are considering a Healthcare or wellness profession, or just desire a better understanding of our human bodies, this is the perfect starting point!

Wow. I am really impressed with the practicality of this book as a learning tool and study guide. As a life-long-learner and a homeschool mom, I see us using this book as both a reference and a teaching text. I can see someone using this book independently high school age and up. The book is broken down into 6 different parts and 18 chapters. Each chapter is broken into smaller sections. At the end of each section is a short quiz over the materials in that section. Part 1: The Building Blocks of the Body: topics include cells, tissues, histology, Part 2: Weaving It Together: Bones, Muscles, and Skin: topics include the skeleton, muscles and skin Part 3: Feed and Fuel: Supply and Transport: topics include respiratory, digestive, circulatory, lymphatic and urinary systems Part 4: Survival of the Species: topics include male and female reproduction systems Part 5: Mission Control: All Systems Go: topics include the nervous system and endocrine system Part 6: The Part of Tens: topics include study tips and fun facts Like other "Dummies" books, this one has tons of illustrations and easy to follow layout and design. Perfect to use as a supplemental study guide or to brush up on your anatomy and physiology knowledge. I highly recommend.

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