



Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes

By Sharon Moalem MD PhD



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Award-winning physician and *New York Times* bestselling author Sharon Moalem, MD, PhD, reveals how genetic breakthroughs are completely transforming our understanding of both the world and our lives.

INHERITANCE

Conventional wisdom dictates that our genetic destiny is fixed at conception. But Dr. Moalem's groundbreaking book shows us that the human genome is far more fluid and fascinating than your ninth grade biology teacher ever imagined. By bringing us to the bedside of his unique and complex patients, he masterfully demonstrates what rare genetic conditions can teach us all about our own health and well-being.

In the brave new world we're rapidly rocketing into, genetic knowledge has become absolutely crucial. *INHERITANCE* provides an indispensable roadmap for this journey by teaching you:

-Why you may have recovered from the psychological trauma caused by childhood bullying-but your genes may remain scarred for life.

-How fructose is the sugar that makes fruits sweet-but if you have certain genes, consuming it can buy you a one-way trip to the coroner's office.

-Why ingesting common painkillers is like dosing yourself repeatedly with morphine-if you have a certain set of genes.

-How insurance companies legally use your genetic data to predict the risk of disability for you and your children-and how that impacts the coverage decisions they make for your family.

-How to have the single most important conversation with your doctor-one that can save your life.

And finally:

-Why people with rare genetic conditions hold the keys to medical problems affecting millions.

In this trailblazing book, Dr. Moalem employs his wide-ranging and entertaining interdisciplinary approach to science and medicine-- explaining how art, history, superheroes, sex workers, and sports stars all help us understand the impact of our lives on our genes, and our genes on our lives. INHERITANCE will profoundly alter how you view your genes, your health--and your life.

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Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes By Sharon Moalem MD PhD Bibliography

- Sales Rank: #61879 in Books
- Brand: Grand Central Publishing
- Published on: 2015-09-01
- Released on: 2015-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .75" w x 5.25" l, .50 pounds
- Binding: Paperback
- 272 pages

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Editorial Review

Amazon.com Review

An Amazon Best Book of the Month, April 2014: In the last microsecond of the scientific age, we've figured out that our brains change throughout our life, adapting for good or ill based on lifestyle choices we make. But most of us haven't yet realized the extent to which our genes also remain flexible, making Dr. Sharon Moalem's *Inheritance* nothing short of revolutionary. Drawing on bleeding-edge science and sometimes heartbreaking stories of individuals he's treated for rare genetic anomalies, Moalem explains how your DNA's constant shape-shifting is "mediated and orchestrated by how you live, where you live, the stresses you face, and the things you consume." Most fascinating (and terrifying, especially for parents) is evidence of how experiences--from trauma like bullying to times of happiness--can alter your genes so profoundly that the effects are passed down for generations. But his message is ultimately one of empowerment: we're accelerating into a world where understanding your unique genetic inheritance will give you the power to eat, exercise, and seek medical treatment tailored to what your body really needs, where we'll have "the opportunity to transform what we get and what we give," altering the course of our destiny. --*Mari Malcolm*

From [Booklist](#)

In the biological tug-of-war between nature and nurture that determines exactly who you are, there is no clear-cut winner. To explain why, physician-scientist Moalem invokes two important concepts, flexible inheritance and epigenetics. Flexible inheritance is defined as "the relationship between what our genes do to us and what we do to our genes." Turns out that genetic traits can change. Genes are surprisingly sensitive. How we live influences our DNA. Moalem likens genes to "thousands upon thousands of little light switches, some are turning on while others are turning off." An example of epigenetics is how a chemical (betaine) contained in spinach can ward off genetic mutations that give rise to cancer. Many rare hereditary metabolic disorders are discussed in the book. The ways that doctors utilize the study of genetics in their medical practices are described. Human beings are more than the product of a genetic blueprint. As Moalem writes, "We are the genetic culmination of our life experiences, as well as every event our parents and ancestors ever lived through and survived." --Tony Miksanek

Review

"Dr. Moalem tells fascinating stories so you will easily understand the complexities of modern genetic science." --**Temple Grandin, PhD, *New York Times* bestselling author of *The Autistic Brain* and *Thinking in Pictures***

"In *INHERITANCE*, Sharon Moalem peels away at the complex discussion of nature and nurture by looking at how unique cases inform the fundamental system of genes, environments, and experiences-teaching us how our dynamic identities come into being."

--**Dan Ariely, PhD, James B. Duke Professor of Psychology and Behavioral Economics, Duke University and *New York Times* bestselling author of *Predictably Irrational***

"This book is a thought provoking and most enlightening journey into the very essence of who we are. Dr. Moalem's writing style is clear and uses great examples to help us appreciate our genetic selves. In *INHERITANCE* we have a new understanding that we are not at all destined to any particular future or

outcome encoded within our DNA. Indeed, the whole notion that life's events, trivial and non-trivial, shape who we are has profound consequences for how we live and, in fields like biotechnology, how this learning can help us better to diagnose, treat and cure- and to extend and enhance human life." --**John F. Crowley, Chairman and CEO of Amicus Therapeutics, and author of *Chasing Miracles: The Crowley Family Journey of Strength, Hope and Joy***

"Dr. Moalem is an eloquent guide through the astonishing new world of genetic discovery - with all its implications for both personal health and public policy. If you've wondered about the impact of genetics on your life- read this book!" --**Kinney Zalesne, *New York Times* bestselling author of *Microtrends: The Small Forces Behind Tomorrow's Big Changes***

"We have long thought that the genetic code we were born with was the genetic code we were stuck with. No longer. Dr. Moalem explains how the genetics that determine whether we get sick or stay healthy can change during the course of our lifetime, and we how can exert some control over these changes. In this exceedingly engaging and highly informative book, Dr. Moalem uses engrossing stories to make complicated genetics easily comprehensible to people without backgrounds in the biological sciences. Reading this book could literally affect generations to come." --**J. Russell Teagarden, PhD. Senior Vice President, Medical and Scientific Affairs, National Organization For Rare Disorders (NORD)**

"Many people will enjoy reading this easy to read book on a very complex, real and highly personal subject. It will remove mysteries and create others. It will give the lay reader a sense of the rapidly growing understanding of this field. I highly recommend it to everyone." --**Henri A. Termeer, Former CEO and President of *Genzyme Corp.***

"*Inheritance* is a wide-ranging and breezily written survey of an immensely important field-the science of how we may "tweak" our fixed genetic heritage to produce health and well-being. The narrative moves quickly... It is especially thrilling for a geneticist, of all people, to emphasize "it's not only what our genes give us that's important, but also what we give to our genes." --***Scientific American***

Users Review

From reader reviews:

Zachary Kirkland:

In this 21st century, people become competitive in every way. By being competitive now, people have do something to make these survives, being in the middle of typically the crowded place and notice by means of surrounding. One thing that at times many people have underestimated it for a while is reading. Sure, by reading a guide your ability to survive raise then having chance to stand up than other is high. For yourself who want to start reading some sort of book, we give you this specific *Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes* book as starter and daily reading guide. Why, because this book is more than just a book.

Amy Mueller:

Now a day folks who Living in the era wherever everything reachable by connect to the internet and the resources in it can be true or not involve people to be aware of each info they get. How individuals to be smart in acquiring any information nowadays? Of course the solution is reading a book. Studying a book can

help folks out of this uncertainty Information specially this Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes book because this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it everybody knows.

Linda Henderson:

The book untitled Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do not worry, you can easy to read this. The book was authored by famous author. The author will take you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice examine.

Lisa Loo:

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