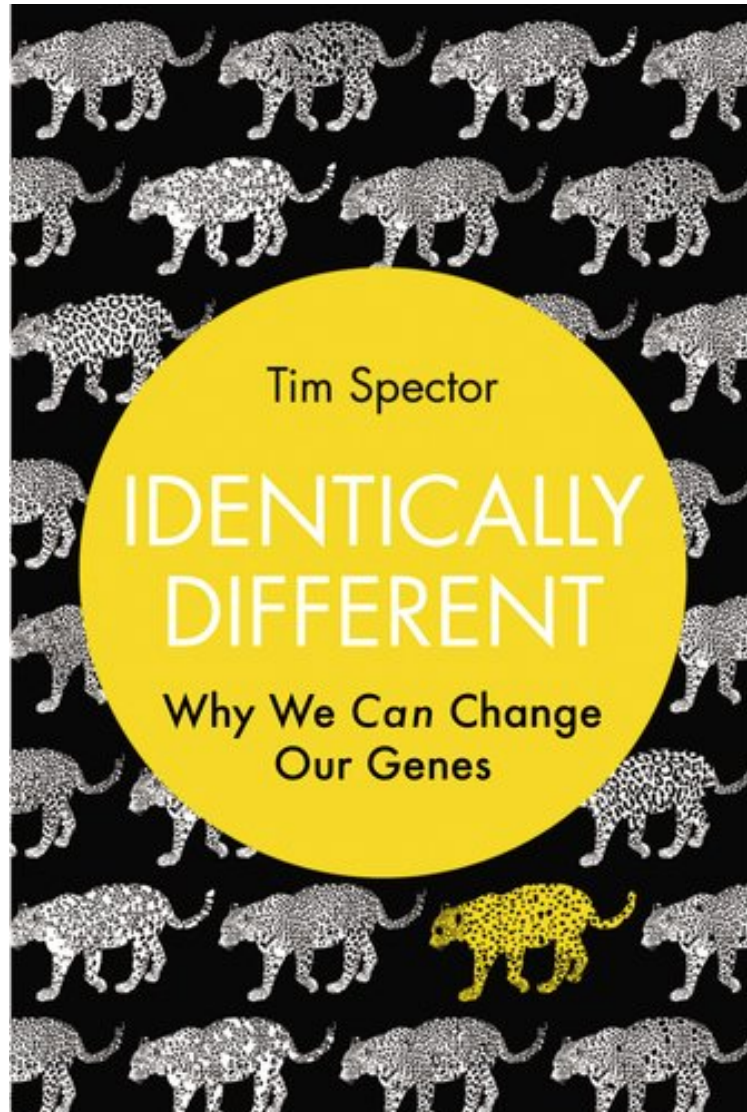


[Read free] Identically Different: Why We Can Change Our Genes

Identically Different: Why We Can Change Our Genes

Tim Spector

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Tim Spector : Identically Different: Why We Can Change Our Genes before purchasing it in order to gage whether or not it would be worth my time, and all praised Identically Different: Why We Can Change Our Genes:

0 of 0 people found the following review helpful. Excellent! Variety of applications, including weight loss. By N. Weisman Excellent introduction to epigenetics. Why the genes you are born with may not be the ones you live with. One more strike against determinism. Yet more support for free will (down to the DNA) and responsibility. Not absolute freedom - the context is set but malleable. Lamarck redeemed. 0 of 0 people found the following review helpful. Great! By David Seckler This is one of the most informative, exciting and, yes, witty books in science I have

ever read! I recommend it highly! 8 of 11 people found the following review helpful. Be Skeptical By Genetics Prof I am a professor working actively in the area of human genetics. I am very sympathetic to the viewpoint that genetic determinism is dead. However, others have pointed this out for the past 100 years, so it is surprising that this author seems to think he somehow discovered this over the past decade. Yes, I agree that the media wildly over-hypes the similarities in identical twins, while discounting the myriad differences, but this has been known by intelligent people for years. The author dismisses (rightfully so) much of the pseudoscience in the diet industry, but then he very uncritically presents the very controversial data regarding transgenerational inheritance in mammals, including humans, as if this is somehow accepted and not controversial. He cites many underpowered studies that do not readily prove his case, and much of his writing is overly simplistic and further propagates the gene for meme. The author then really goes off the rails with wild speculations regarding heritability in terms of homosexuality (gay genes) and other sexual traits. This is not a scholarly book by any means, and if you buy it, please read it with substantial skepticism. There were a few useful points and citations sprinkled among the rest of the speculative and frankly pseudoscientific material in the book, so this is why I gave it a 2 rather than a 1. I had really hoped that this author would write a scholarly and well-referenced, critical book in this area, but this is basically just wild, rampant speculation.

If you share most of the same genetic material, what makes you so different from your siblings? How much are the things you choose to do everyday--what you eat, how you vote, who you love--determined by your genes, and how much is your own free will? Using fascinating case studies of identical twins, leading geneticist Tim Spector explains how even real-life "clones" with the same upbringing turn out in reality to be very different. Drawing on his own cutting-edge research in genetics, Spector shows us that nothing is completely hard-wired or pre-ordained. Challenging, enlightening and entertaining, *Identically Different* explores topics as varied as why the Dutch have become the tallest nation in the world, why autism is more heritable than breast cancer, and what could cause a healthy man to have a heart attack within weeks of his overweight, heavy smoking identical twin. Spector's probing and thoughtful study helps us to understand what makes each of us so unique.

"Spector will get you through many dinner parties. But, much more importantly, he will show how a certain kind of scientific fundamentalism collapsed under the burden of its inability to explain the world as it is. Read him." --Sunday Times
About the Author: Tim Spector is Professor of Genetic Epidemiology at Kings College London and a consultant physician at Guys and St Thomas Hospital. He set up the TwinsUK register in 1993, the largest of its kind in the world, which he continues to direct. He has appeared in numerous television documentaries and is often interviewed by the media on his team's research.