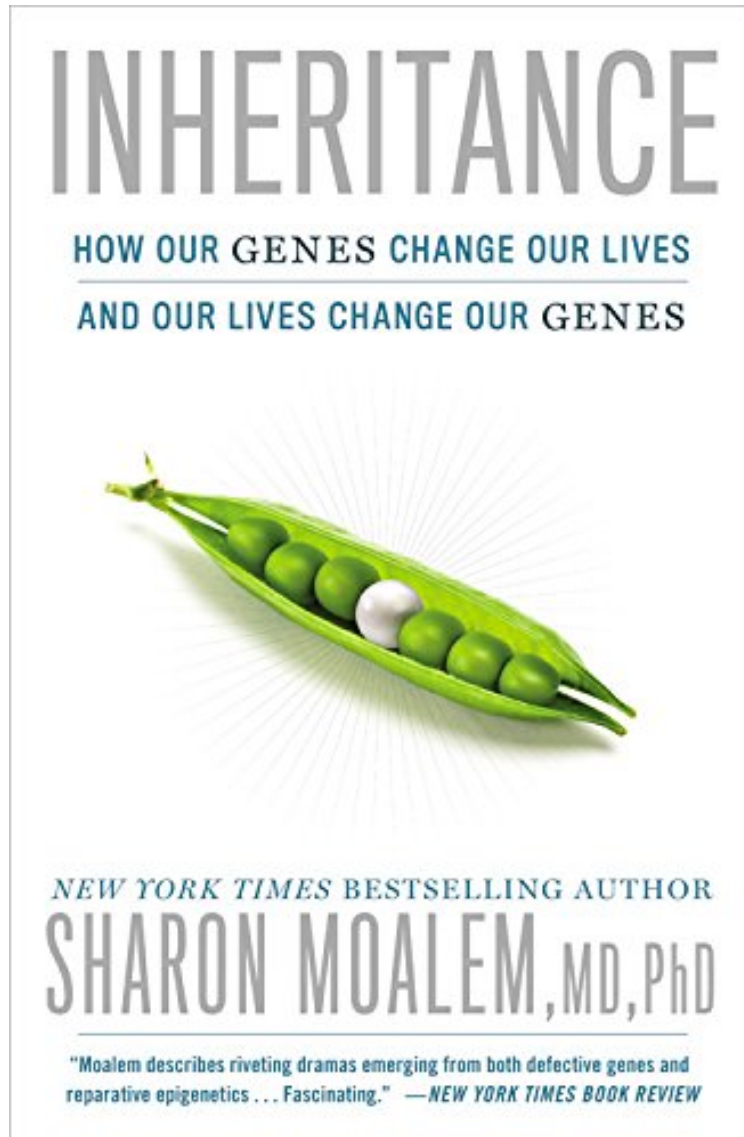


# Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes

Sharon Moalem MD PhD

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**Sharon Moalem MD PhD : Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes:

2 of 2 people found the following review helpful. This is a really good read. The author does a great job of ...By

Chaiam Yankel's bubbie This is a really good read. The author does a great job of writing in a chatty, nontechnical way for the most part. Chapters are organized so that the main idea of each chapter builds on the points made in the chapter before. However, I came away from reading this with a sense of having read numerous interesting anecdotes about rare genetic disorders and with a better grasp of how there is a real interplay between genes and the environment one lives in. I didn't give it five stars because I'm not sure there really is a cohesiveness to the book as a whole. I did come away with an appreciation for epigenetics: how the environment affects genes.<sup>3</sup> of 3 people found the following review helpful. This is a perfect read if you are interested in Epigenetics By Sarah Snyder This is a perfect read if you are interested in Epigenetics, Nutrigenetics or Nutrigenomics. Or, if you are simply a human. The language the author uses to describe genomic concepts is readable for anyone of varying levels.<sup>2</sup> of 2 people found the following review helpful. Enjoyable and Informative By Bikerchella I loved this book! I am interested in this subject, so it was easy to buy it for the content, and I do enjoy Dr Moalem's writing style- pretty accessible and understandable (speaking as a clinician, that is useful to get important concepts and points across to patients, or the public as well). Highly recommend for those who are following genome breakthroughs and genetic family tree searching.

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.

.com An 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 "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