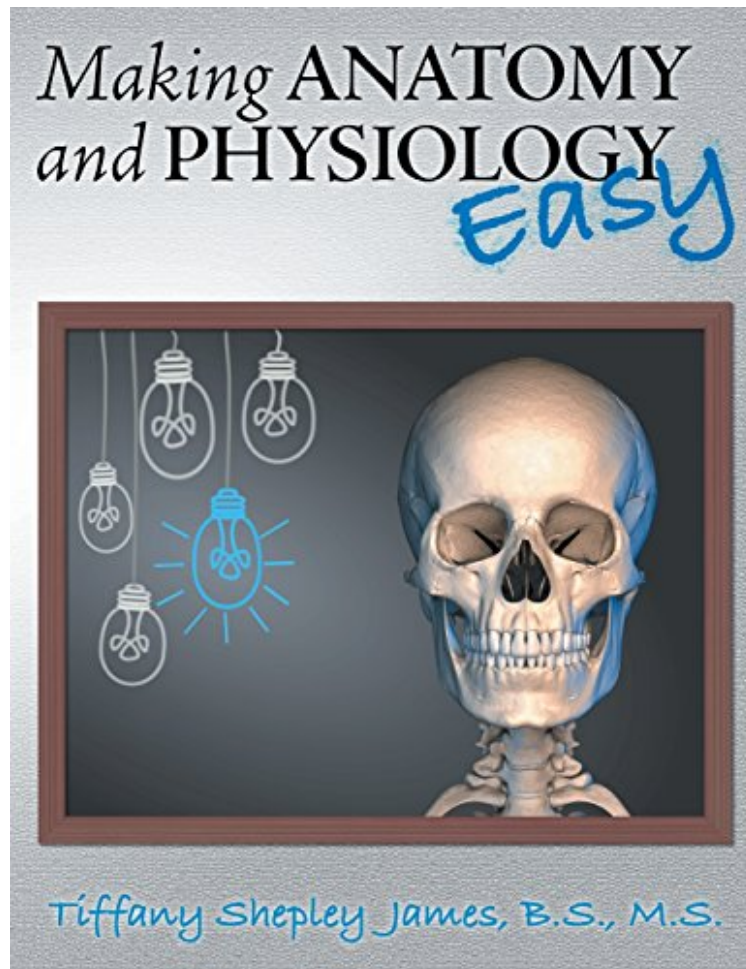


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## Making Anatomy and Physiology Easy

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WARNING!!!! This study tool will take the SCARY right out of introductory Anatomy and Physiology! Did you sign up for Anatomy and Physiology? Are you terrified yet? If so, join the masses of students each term who are terrorized

by the very idea of taking such a daunting course. Go ahead, it's okay to scream...I'll wait. So where does this book come in? I wrote this book to show you that science does not have to be terrifying! It can be downright intriguing, better yet, empowering! That is, if you can get past all the high sounding jargon. Don't get me wrong, I'm a fan of high sounding technical vocabulary, but I believe that without understanding the basics at an everyday, relatable level, we can never achieve understanding of the complicated physiological concepts. This book will bring some of the more confusing concepts of introductory physiology down to a relatable, everyday level. It will give you the tools you need to grasp these concepts as you move on in your scientific or pre-professional upper level courses. This book is meant to be used as a supplement alongside your textbook as you maneuver through some of the more challenging physiological processes. Come on, RELAX, you can do this! Tiffany Shepley James is a Professor of Biology, wife and mother to two small girls. She holds a B.S. and M.S. in Biological and Environmental Science. She enjoys teaching at a community college in Georgia and has a passion for helping students fulfill their dreams of becoming healthcare professionals. Her goal has always been to bridge the gap between the Anatomy and Physiology courses and the application of that knowledge base in the real world. Having a lifelong love of science and medicine herself, she made it her mission to teach the complexities of Anatomy and Physiology in a way where college students can grasp concepts without fearing them. This method, which has proven successful in her courses, is the basis of the book, Making Anatomy and Physiology Easy.