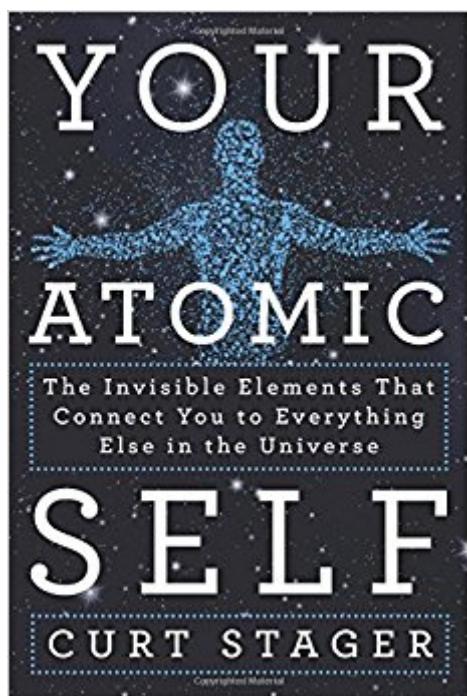


The book was found

# Your Atomic Self: The Invisible Elements That Connect You To Everything Else In The Universe



## Synopsis

What do atoms have to do with your life? In *Your Atomic Self*, scientist Curt Stager reveals how they connect you to some of the most amazing things in the universe. You will follow your oxygen atoms through fire and water and from forests to your fingernails. Hydrogen atoms will wriggle into your hair and betray where you live and what you have been drinking. The carbon in your breath will become tree trunks, and the sodium in your tears will link you to long-dead oceans. The nitrogen in your muscles will help to turn the sky blue, the phosphorus in your bones will help to turn the coastal waters of North Carolina green, the calcium in your teeth will crush your food between atoms that were mined by mushrooms, and the iron in your blood will kill microbes as it once killed a star. You will also discover that much of what death must inevitably do to your body is already happening among many of your atoms at this very moment and that, nonetheless, you and everyone else you know will always exist somewhere in the fabric of the universe. You are not only made of atoms; you are atoms, and this book, in essence, is an atomic field guide to yourself.

## Book Information

Hardcover: 320 pages

Publisher: Thomas Dunne Books (October 14, 2014)

Language: English

ISBN-10: 1250018846

ISBN-13: 978-1250018847

Product Dimensions: 5.7 x 8.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 27 customer reviews

Best Sellers Rank: #725,336 in Books (See Top 100 in Books) #110 in Books > Science & Math > Physics > Molecular Physics #1208 in Books > Textbooks > Science & Mathematics > Biology & Life Sciences > Anatomy & Physiology #2088 in Books > Science & Math > Biological Sciences > Anatomy

## Customer Reviews

“Curt Stager is the finest and most entertaining explainer I've ever come across. Read this book and I guarantee you that the world--and your own darned self--will look very different to you in the future.” • Bill McKibben, author of *Wandering Home* “A wondrous exploration of how our interconnections are vast and abiding, past, present and future.” • Kirkus “Curt Stager takes us on a ride into Wonderland, exploring in an intimate way how different atoms and molecules are

essential to life, liberty, and the pursuit of happiness. After reading *Your Atomic Self*, you won't take even the most basic elements of natural life for granted anymore. • Neil F. Comins, author of *What if the Earth had Two Moons?* Stager's book is nothing short of a tour-de-force through modern science, viewed through the lens of the chemical elements. Best of all, he succeeds in being scientifically accurate and entertaining at the same time. • Eric Scerri, author of *A Tale of Seven Elements* Delightful alchemy: Curt Stager transforms atomic science into lustrous, golden stories about the hidden connections that unite us all. • David George Haskell, author of *The Forest Unseen* Curt Stager is of a rare breed, a gifted scientist with the eyes of an artist and the heart of a poet. Here, he brings the rarefied, invisible realm of atoms to life with surpassing elegance and verve, vividly tracing the circuitous paths by which hydrogen, oxygen, carbon, and other elements make their way from outer to inner space. *Your Atomic Self* will leave even the most knowledgeable reader slack-jawed with newfound appreciation for our wondrous, particulate world. • Lee Billings, author of *Five Billion Years of Solitude*

CURT STAGER has a Ph.D. in biology and geology from Duke University. He has been published in *Science*, *National Geographic*, and *Fast Company*, wrote the books *Deep Future* and *Field Notes from the Northern Forest*, and co-hosts *Natural Selections*, a weekly science program on North Country Public Radio. He teaches at Paul Smith's College in upstate New York and holds a research associate post at the University of Maine's Climate Change Institute.

Very interesting book.

Stager weaves it all together in a way that leaves you undoubtedly linked and pleasantly a part of the living earth before you. If you are a fan of the recent adaptation of the "Cosmos" you will love this book.

lots of info on what atoms we contain, how the atoms are put together, and where those atoms came from. If I were still teaching Chemistry I would definitely use this book as background or as extra reading.

Refreshing read - Curt takes anatomy deep inside and beyond imagination.

Great Item! 10/10

Very good reading. Should be compulsory reading for high school scholars.

Oh, YES. This book is real and true and non-threatening. It is everything that I like to use to "rest my mind." It truly "lends substance to theory that I am a soul," as I like to say. The real numbers of how long atoms stay with us in our bodies is wonderful. We are like billowing fountains of misty water and gases flowing through space all over the planet Earth. The term "living water" become meaningful.

Just started reading this book but already I have had fun the way the author explains the subject and his examples are wonderful. Glad I own the book and not rented from the library because I will read this more than once.

[Download to continue reading...](#)

Your Atomic Self: The Invisible Elements That Connect You to Everything Else in the Universe  
DARK ENERGY: The Biggest Mystery In The Universe (dark matter, how the universe works, holographic universe, quantum physics) (black holes, parallel universe, the string theory) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Greatest Words Ever Spoken: Everything Jesus Said About You, Your Life, and Everything Else (Thinline Ed.) The Greatest Words Ever Spoken: Everything Jesus Said about You, Your Life, and Everything Else The Greatest Words Ever Spoken: Everything Jesus Said About You, Your Life, and Everything Else (Red Letter Ed.) The Atomic Sea: Part Seven: The Atomic Jungle Chaos in Atomic Physics (Cambridge Monographs on Atomic, Molecular and Chemical Physics) The Everything Wedding Checklist: The Gown, the Guests, the Groom, and Everything Else You Shouldn't Forget The Everything Wedding Checklist: The Gown, the Guests, the Groom, and Everything Else You Shouldn't Forget (Everything®) Linked: How Everything Is Connected to Everything Else and What It Means for Business, Science, and Everyday Life  
EUROPEAN TRAVEL GUIDE: 17 Things To Know Is Before You Travel To Europe In 2017  
(Everything else you should know about Poland, Pomerania, Slovenia, Croatia, Bosnia-Herzegovina, Austria, Slovakia) Life Skills: How to chop wood, avoid a lightning strike, and

everything else your parents should have taught you! Intermittent Fasting: Lose Weight Fast and Everything Else You Need to Know About Intermittent Fasting and How It Can Change Your Life  
Ninety Percent of Everything: Inside Shipping, the Invisible Industry That Puts Clothes on Your Back, Gas in Your Car, and Food on Your Plate Books for kids: My Invisible Monster: a space flight (Fantasy story about Billy and his invisible monster ) DISAPPEAR WITHOUT A TRACE - BE INVISIBLE TO BIG BROTHER & ANONYMOUS ONLINE - PROTECT FAMILY, HOME, MONEY, ASSETS, PRIVACY & SECURITY (How To Be Invisible) (HOW TO BOOK & GUIDE TO AVOID DISASTER 1) The Invisible Library (The Invisible Library Novel)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)