



The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival

Thomas Samaras

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This is the first book to explore the ramifications of increasing human height in relation to physical performance, health, longevity, the environment, economics and resource consumption. It is based on scientific research and presents a surprising picture of the benefits and disadvantages of increasing human height and weight. Many of the findings reported will shatter many of your previously held beliefs. It provides useful information for people of all heights.

Several reviewer comments on The Truth About Your Height follow.

“Samaras has achieved a new plateau. This widely-read author and researcher has produced a pivotal book that documents the increase in size of both men and women over previous generations, and extrapolates the consequences.” The Book Reader

“This work is exhaustively referenced. Samaras is an accomplished writer and his book holds the reader’s attention from start to finish.” American Association of Professional Hypnotherapists

“His conclusions are as radical as when scientists told people the world is round and everyone thought it was flat.” The Arts Monthly

“...in a stunning 318-page manifesto...he explains why the human species must downsize...or die.” Jay Mathews, The Washington Post

“For myself as a short person who had been given the message that my body was inferior this book gave me the essential tools to turn that view around and take my body back.” Customer review on Amazon.com

“This is an incredible book...absolutely phenomenal...an encyclopedia of knowledge about the human body...I just can’t put it down.” Dr. Heigh, M.D., Host, “Talking Health”

“So Tom’s book then presents information for all people, all heights and all sizes for increased efficiency, better living and a longer, better life...it is important for everyone.” Dr. Ron Anjard, Kisan World.

More information on Tom’s research is at: humanbodysize.com

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From reader reviews:

Debra Jones:

The actual book *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* will bring someone to the new experience of reading a new book. The author style to elucidate the idea is very unique. In the event you try to find new book to study, this book very appropriate to you. The book *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* is much recommended to you to see. You can also get the e-book in the official web site, so you can quickly to read the book.

Maureen Bonds:

The guide with title *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* has a lot of information that you can understand it. You can get a lot of benefit after read this book. This book exist new expertise the information that exist in this book represented the condition of the world at this point. That is important to you to learn how the improvement of the world. This particular book will bring you throughout new era of the syndication. You can read the e-book on your smart phone, so you can read this anywhere you want.

Carl Vang:

Are you kind of active person, only have 10 or perhaps 15 minute in your day time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short space of time to read it because this time you only find book that need more time to be learn. *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* can be your answer mainly because it can be read by anyone who have those short time problems.

Patrick Garcia:

This *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* is completely new way for you who has attention to look for some information as it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or else you who still having little bit of digest in reading this *The Truth About Your Height: Exploring the Myths and Realities of Human Size and Its Effects on Performance, Health, Pollution, and Survival* can be the light food in your case because the information inside this book is easy to get by means of anyone. These books develop itself in the form which can be reachable by anyone, yes I mean in the e-book application form. People who think that in publication form make them feel sleepy even dizzy this book is the answer. So there isn't any in reading a e-book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the item! Just read this e-book type for your better life along

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