



How We Live

Sherwin B. Nuland

[Download now](#)

[Read Online](#) 

How We Live

Sherwin B. Nuland

How We Live Sherwin B. Nuland

Having won the National Book Award for **How We Die**, his best-selling inquiry into the causes and modes of death, Sherwin Nuland now turns his attention to the miraculous resiliency of human life. For this lucid, wonderful, and wonder-filled new book explores the body's mysterious capacity to marshal disparate organs and processes in the interests of survival.

Like its predecessor, **How We Live** is filled with gripping medical case histories: a woman is pulled back from the brink of death from inexplicable internal bleeding; another patient triumphs over breast cancer; the "routine" removal of a polyp triggers a nearly lethal medical crisis. For Nuland, each of these cases serves to illustrate the extraordinary responsiveness and adaptability of the human organism. We learn how the aorta's baroreceptors monitor blood pressure and respond to its minutest fluctuations. We follow the intricate chain of electrochemical command that makes us leap out of the path of a speeding car. We discover why the stomach--which is capable of breaking down everything from porridge to pizza--refrains from digesting itself. Informed by sympathy for human suffering and an erudition that includes poetry and the Talmud as well as the medical canon, **How We Live** is science writing of the rarest kind--lucid, poetic, and genuinely uplifting.

Originally published under the title **The Wisdom of the Body**

How We Live Details

Date : Published May 26th 1998 by Vintage (first published 1997)

ISBN : 9780679781400

Author : Sherwin B. Nuland

Format : Paperback 432 pages

Genre : Science, Nonfiction, Medical, Health, Medicine

 [Download How We Live ...pdf](#)

 [Read Online How We Live ...pdf](#)

Download and Read Free Online How We Live Sherwin B. Nuland

From Reader Review How We Live for online ebook

Mary Karpel-Jergic says

Whereas I thoroughly enjoyed his book on how we die, I found this book rather tedious. Far too much biological detail for me. However, there were glimpses of the man within the text and I would have liked to have had more.

tyrel says

this book gave me mixed feelings... the author writes like a physician who wanted to write a book... however, the actual short stories and occurrences throughout the book were inspiring and they made me sit on the edge of my seat content-wise

Jim Gleason says

One of my all time favorite authors with easy to read understandings of the human body and life process. (also titled "How We Live" in its paperback edition - the human spirit as described by this noted physician and author).

see this and more than a hundred other organ donation/transplant related books - many with my personal reviews - at <http://www.trioweb.org/resources/book...>

Sharlene Yap says

I found myself recapping what I've learnt in school from reading Nuland's book. There's no better way to describe the human spirit and physiology as how Nuland did. His choice of words has left me captivated and inspired, and no doubt in awe. The slight humour (perhaps unintended) injected throughout the book made it even better. Excellent read, hands down.

PMP says

Full of treasures of knowledge and poetry, and also the best sex scene I've ever read.

Suzy says

Very informative, very helpful and interesting - but the RIGHTEOUSNESS of the man! Another noble exclamation of "How wonderful and fulfilling my career is! How humble I feel in saving a life!" and I might just gag. So as long as this is used as a textbook-like reference, all is good. As a novel, one begins to develop a disturbing urge to stalk and possibly club the author.

Katherine says

I wanted to like this book more than I did. Dr. Nuland's writing can be a little old fashioned and dense, but my main complaint is his personal musings and anecdotes. In the chapter on sex, a story of him as a young boy being hit in the groin with a baseball was a little jarring, even if it did explain how certain anatomical features work.

My other issue was with the anti-atheist and anti-skeptical tropes that Dr. Nuland used. Despite him repeatedly writing that he attributed none of the wonder of what he calls the human spirit to the supernatural, he writes things like how science is just another belief system, and that "TRUE skeptics" keep their minds open because anything is possible. This makes him come across as someone prepared to dismiss criticism of his own ideas.

I've liked other of Dr. Nuland's books, and I enjoyed the medical stories and explanations in this book of how the body is put together and works, but this one was a real struggle to get through.

Because I read the paper edition of this book, I'll include my highlights here:

Sharon was speaking about that of the human spirit which sustained her. But it would be a mistake to rely on it as necessarily a factor in recovery from sickness. There are those who don't give up and yet die anyway - just as there are those who do give up and yet live in spite of their "wrong attitude". ... My clinical observation leaves me with conflicting beliefs. For every Sharon Fisher, I have known a dead optimist. p. 64

The human way is that the simplest stimuli are sufficient to send all manner of signals along all manner of pathways, and to make something vastly complex of what was biologically meant to be quite clear. Sexual reproduction is apparently too direct for us - we have taken on this enormous bundle of baggage we call sexuality. The first small stirrings of sensual thought inevitably lead to an uproar of possible response, taking us finally to regions of mental reconnaissance unknown to any other creature, and demanding choices that determine the pattern of an individual's life - and through him and millions like him, the pattern of a culture. p. 159

There is probably no human function more genetically predetermined and yet more susceptible to nurture and individual variation than the method by which we reproduce our kind. p. 177

What we call the mind is an activity p. 349

Karen says

Nuland writes a book on how to age gracefully. Because he's a surgeon, I was looking forward to a detailed description of changes to the body that happen to the aging process. That's not what he did. Yes, he did

explain the value to healthy lifestyle choices; however, Nuland writes primarily about healthy choices of attitude. He probably has some sound things to say, but I had trouble paying attention, especially to the sections that were more abstract. When I was in my 20s, I enjoyed books about philosophical principles. Now that I'm almost 50, I want books that are more concrete. Don't tell me; show me. For this reason, I enjoyed the sections that depicted specific people. But when he had passages about worldly wisdom--his or well-known philosophers, poets and literary figures--I was less engaged. If you want to spend an evening conversing with a well-rounded man, pick up this book. He's a good person, but I wouldn't say that he has the last word on the process of aging.

Jim Gleason says

(Note: this author quickly became my all time favorite writer, leading me to buy all of his wonderful books, enjoying each and every one of them!)

His sequel to "How We Die" - both must reads for better appreciation and understanding of our human life cycle and the medical insights behind that life, both living and dying in these two companion books.

I confess to having 'discovered' his "How We Die" book at our local YMCA's used book sale for \$1 while I was waiting for my wife to come out from our swim, attracted to this book's cover notice of its awards - seemed strange to be interested in such a title, but so glad I did, leading to wonderful reading of Dr. Nuland's amazing books - have read them all by now.

see this and more than a hundred other organ donation/transplant related books - many with my personal reviews - at <http://www.trioweb.org/resources/book...>

Beth Haynes says

What does our scientific understanding of human biology bring to the exploration of spirituality? The author unapologetically embraces a philosophical stance which excludes the existence of the supernatural - and yet his writing exudes a deep sense of spirituality. By surveying what we know about the workings of the human body and mind, down to the cellular and subcellular levels, Nuland eloquently builds his case. A treasure of a book - and I can't wait to now read "How we die"

Rhonda Sue says

Great information and well written as all of Dr. Nuland's books are. This one, however, was not easily digestible for the layman. The text is detailed with lots of science, biology, and more, and I plowed through it nonetheless. I'm sure I absorbed some scientific facts but it is not for the casual reader. Chapters deal with specific topics including: lymphs, cells, love, birth, heart, blood, stomach, brain and nervous system. The bottom line is that the body is miraculous and works together with its billions of parts.

Shep is one of the most thoughtful writers of this genre and thus I am somewhat determined to read all his works.

Paola says

I bought it after thoroughly enjoying How We Die: Reflections on Life's Final Chapter, and I don't think this "sequel" is as good, but it is still very enjoyable. You are served a lighthanded overview in anatomy and physiology which is informative while being entertaining - you have less of the drama of How We Die: Reflections on Life's Final Chapter, though, so, gross at the next statement may seem, it is less of a page turner.

Aleksandra says

"Jak umieramy" by?o lepsze, ale to te? warte chwili. Czyta si? przyjemnie, cho? chyba za du?o filozoficznych wstawek i do?? sporo powtarzania tego samego. Mo?e te? troch? zbyt szczegó?owe, jak na popularnonaukow? lektur?, momentami szczegó?owe opisy s? do?? nu??ce. All in all, Shep Nuland to moje odkrycie ostatnich miesi?cy. Utwierdzi? moje przekonanie, ?e ?ycie mo?e istnie? w tak w?skim zakresie, wymaga spe?nienia tak licznych warunków, a jednocze?nie gdy ju? jest, odznacza si? wyj?tkow? wytrwa?o?ci? i wykorzystuje mechanizmy, o jakich si? nam nie ?ni?o, by nie da? si? zdusi?. "Jak doskona?ym tworem jest cz?owiek..." I nie tylko, dotyczy to wszystkich organizmów ?ywych.

Kim Zinkowski says

A.

Sarah says

I enjoyed How We Die: Reflections of Life's Final Chapter so I decided to try this book as well. Unfortunately I did not like this book as much. I was hoping for more details about specific patients' stories but instead got a lot of information about medicine and how the body works. As I tend to read a lot of medical memoirs and forensic nonfiction, none of the information was new. In fact, I was ultimately bored. For these reasons, this book got such a negative rating.
