



The Science of Everyday Life: An Entertaining and Enlightening Examination of Everything We Do and Everything We See

Len Fisher

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Scientists are in the business of trying to understand the world. Exploring commonplace phenomena, they have uncovered some of nature's deepest laws. We can in turn apply these laws to our own lives, to better grasp and enhance our performance in daily activities as varied as cooking, home improvement, sports—even dunking a doughnut! This book makes the science of the familiar a key to opening the door for those who want to know what scientists do, why they do it, and how they go about it.

Following the routine of a normal day, from coffee and breakfast to shopping, household chores, sports, a drink, supper, and a bath, we see how the seemingly mundane can provide insight into the most profound scientific questions. Some of the topics included are the art and science of dunking; how to boil an egg; how to tally a supermarket bill; the science behind hand tools; catching a ball or throwing a boomerang; the secrets of haute cuisine, bath (or beer) foam; and the physics of sex. Fisher writes with great authority and a light touch, giving us an entertaining and accessible look at the science behind our daily activities.

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