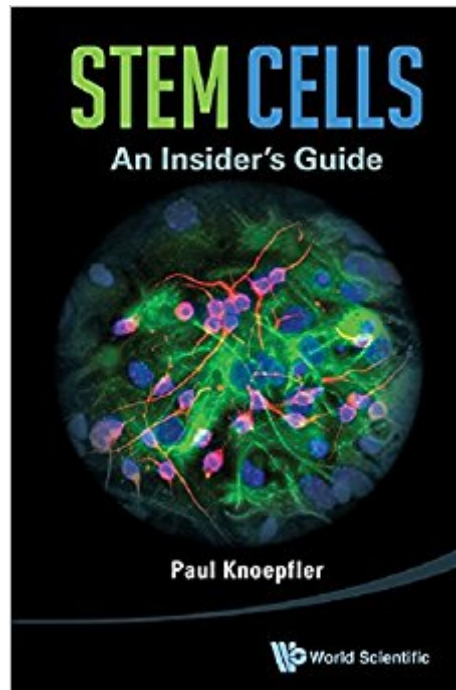




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# Stem Cells: An Insider's Guide



## Synopsis

Stem Cells: An Insider's Guide is an exciting new book that takes readers inside the world of stem cells guided by international stem cell expert, Dr. Paul Knoepfler. Stem cells are catalyzing a revolution in medicine. The book also tackles the exciting and hotly debated area of stem cell treatments that are capturing the public's imagination. In the future they may also transform how we age and reproduce. However, there are serious risks and ethical challenges, too. The author's goal with this insider's guide is to give readers the information needed to distinguish between the ubiquitous hype and legitimate hope found throughout the stem cell world. The book answers the most common questions that people have about stem cells. Can stem cells help my family with a serious medical problem such as Alzheimer's, Multiple Sclerosis, or Autism? Are such treatments safe? Can stem cells make me look younger or even literally stay physically young? These questions and many more are answered here. A number of ethical issues related to stem cells that spark debates are discussed, including risky treatments, cloning and embryonic stem cells. The author breaks new ground in a number of ways such as by suggesting reforms to the FDA, providing a new theory of aging based on stem cells, and including a revolutionary Stem Cell Patient Bill of Rights. More generally, the book is your guide to where the stem cell field will be in the near future as well as a thoughtful perspective on how stem cell therapies will ultimately change your life and our world. Readership: Undergraduate and graduate students and researchers in cell and molecular biology and stem cell research; medical students; interested lay readers.

## Book Information

Paperback: 364 pages

Publisher: World Scientific Publishing Company; 1 edition (September 5, 2013)

Language: English

ISBN-10: 9814508802

ISBN-13: 978-9814508803

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 19 customer reviews

Best Sellers Rank: #270,907 in Books (See Top 100 in Books) #122 in Books > Medical Books > Basic Sciences > Cell Biology #175 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Emergency Medicine #245 in Books > Science & Math > Biological Sciences > Biology > Molecular Biology

## Customer Reviews

This exciting new book takes readers inside the world of stem cells guided by the author, Dr. Paul Knoepfler, who is an international expert in stem cells. Stem cells are catalyzing a revolution in medicine and may transform how we age. The author's goal is to give readers an insider's guide into the world of stem cells. The book answers the most common questions that people have about stem cells and stem cell treatments. What are stem cells? Why are some types controversial? Can stem cells help my family with a serious medical problem such as Alzheimer's or Autism? Are such treatments safe? Can stem cells make me stay young? These questions and many more equally important ones are answered in this book in a manner that the reader can enjoy and understand. Stem Cells: An Insider's Guide also takes readers inside a stem cell lab with an exciting virtual tour. In addition, it provides a description of a day in the life of a prototypic stem cell to give readers an inside look at how they function and the key factors that influence them. In these ways, the author brings readers fully up to speed on the cutting-edge rapidly moving field of stem cells. The book is unique as it is written in an approachable, often humorous way that a general, educated audience can understand and appreciate. A number of issues related to stem cells that spark controversies are also discussed. The book also tackles the exciting, but fast moving areas of stem cell treatments including sports medicine, anti-aging and cosmetics that are capturing the public's imagination. Are these treatments ready for prime time? The book cuts through the hype and answers that essential question. It is also your guide to where the stem cell field will be in the near future and how it could change your life and our world.

One of the most unique and exciting science books I have read in a very long time. It is written in plain English by a leading research scientist who has an infectious passion for the subject. Knoepfler has convinced me that stem cells are going to be big - perhaps one of the biggest revolutions in medical history - once we can learn to properly harness them. One thing I really like about Knoepfler's style is that he does not shy away from the dark side of the field; he calls out the snake oil treatments offered by many of today's stem cell clinics, government regulators for their lack of transparency and unresponsiveness, as well as his fellow stem cell researchers for their sometimes cut-throat anti-collaborative attitudes. It takes balls to challenge powerful vested interests (in any industry) and I found his willingness to do so endearing. But overall, what will stick with me about this book is how hopeful it made me feel. I turned the last page feeling much more excited about the future. I do have one gripe. A few of the latter chapters are excessively repetitive. I get the sense that these chapters were at one time stand-alone blog posts or essays and that they

were copied and pasted directly into the book with only minor edits. There are paragraph-long clarifications and explanations that are completely unnecessary for readers who have read the opening chapters. I wouldn't necessarily call these long blocks of text "filler" but that's kind of what it felt like to read. Oh, one more thing: the book is *\*extremely\** well-cited. Knoepfler includes tons of citations and hyperlinks to relevant journal articles and other publications. This is a really underrated aspect of good science writing, imho.

It is a great book. Very informative. I studied microbial engineering when I was in college but stem cell was still relatively new subject and school didn't teach enough about it.

My 15 year old son loves this book. It has given him some great insight into Stem Cells.

Thorough knowledge of the inner workings of stem cells. Warns against for profit clinics. Offers advice on seeking treatment. Interesting read.

It is definitely a good book for beginners

This book is a fine, understandable guide for anybody considering a stem cell treatment. It was written by a stem cell researcher at the University of California, but does not bog down in technical information. The goal of the author is to explain complex scientific issues in a way we can all understand. The author has faced a grave illness and knows firsthand the type of pressures that they can generate. He was diagnosed with an aggressive form of prostate cancer at the age of 42, a very young age to come down with that affliction. Going through that experience was one of the important reasons he wrote this book - to help other persons like himself who are trying to come to grips with difficult medical and scientific matters. If you are one of those persons, I recommend the book highly. If you are just seeking more information about stem cell research, it has clear and forthright explanations about the field. He has no ties with Big Pharma or any stem cell firms. For more on Knoepfler and the book, you can see a Sept. 15, 2013, article about him at The Sacramento Bee Web site. [...]

As a stem cell scientist and now editor, I've read a fair few non-fiction science books in my time. Most struggle with the task of presenting complicated data and theories to a general readership, and the resulting manuscript is usually dense, convoluted, and packed with jargon. By contrast, Stem

Cells: An Insider's Guide is easily accessible and moreover is entertaining - a key ingredient for many readers. The book is a whirlwind tour through the world of stem cells. It discusses not only the basic science, but more thorny issues like ethics, regulation, and the patient-doctor perspective. For a stem cell scientist, it is at times too simple. But that is deliberate, as any additional complexity would probably deter a wider audience. For the patient, this book can read like a self-help guide, and in many ways it is: questions will be answered, and the resources to find out more are provided. The book is largely US-centric, which is expected given the author's background. In short, there's something in here for everyone. This book is best for those who want to find out more about stem cells: what they are, what they can do, what they can't do, how they are used currently and what promises they hold for the future.

It is very rare to find a scientist who can write eloquently about a very technical, complex, controversial subject and make it understandable and accessible to the general public. This book is exactly what it purports to be...an insider's guide to the galaxy of stem cells. Regenerative medicine and the future of personalized medicine are revolutionary topics even among the select group of scientists who DO understand the complex technicalities. Dr. Knoepfler does a masterful job of explaining what we should all have learned in high school science and are now reading about in the newspaper or hearing about on TV and radio. After you finish reading this book, please consider donating a copy to your local public library. I would encourage anyone who wants to support our future STEM (science, technology, engineering and math) students to get this book into school science curriculums and libraries. Should be required reading for all medical school students.

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