



Too Hot? Too Cold?: Keeping Body Temperature Just Right

Caroline Arnold

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Have you ever wondered why you shiver when you're cold, or sweat when you're hot? It may seem natural that emperor penguins huddle together to stay warm in the Arctic, but why exactly does this prevent them from freezing? Is your dog just out of breath when he pants after running around outside, or does panting actually help him to cool down? In **TOO HOT? TOO COLD?**, Caroline Arnold, acclaimed author of nonfiction for young readers, answers these questions and more.

In clear and concise writing, readers will discover the many different ways humans and animals adapt to heat and cold. The book includes a straight-forward explanation of cold-blooded and warm-blooded animals, and young science enthusiasts will be amazed to learn how remarkably similar animals and humans are when it comes to keeping their body temperatures just right.

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