



# Biophysics for Beginners: A Journey through the Cell Nucleus

*Helmut Schiessel*

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## **Biophysics for Beginners: A Journey through the Cell Nucleus** Helmut Schiessel

Biophysics is a new way of looking at living matter. It uses quantitative experimental and theoretical methods to open a new window for studying and understanding life processes.

This textbook gives compact introductions to the basics of the field, including molecular cell biology and statistical physics. It then presents in-depth discussions of more advanced biophysics subjects, progressing to state-of-the-art experiments and their theoretical interpretations.

The book is unique by offering a general introduction to biophysics, yet at the same time restricting itself to processes that occur inside the cell nucleus and that involve biopolymers (DNA, RNA, and proteins). This allows for an accessible read for beginners and a springboard for specialists who wish to continue their study in more detail.

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