

## Behave: The Biology Of Humans At Our Best And Worst

With echoes of *Rules of Civility* and *The Boston Girl*, a compelling and thought-provoking novel set in postwar New York City, about two women—one Jewish, one a WASP—and the wholly unexpected consequences of their meeting. One rainy morning in June, two years after the end of World War II, a minor traffic accident brings together Eleanor Moskowitz and Patricia Bellamy. Their encounter seems fated: Eleanor, a teacher and recent Vassar graduate, needs a job. Patricia's difficult thirteen-year-old daughter Margaux, recovering from polio, needs a private tutor. Though she feels out of place in the Bellamys' rarefied and elegant Park Avenue milieu, Eleanor forms an instant bond with Margaux. Soon the idealistic young woman is filling the bright young girl's mind with Shakespeare and Latin. Though her mother, a hat maker with a little shop on Second Avenue, disapproves, Eleanor takes pride in her work, even if she must use the name "Moss" to enter the Bellamys' restricted doorman building each morning, and feels that Patricia's husband, Wynn, may have a problem with her being Jewish. Invited to keep Margaux company at the Bellamys' country home in a small town in Connecticut, Eleanor meets Patricia's unreliable, bohemian brother, Tom, recently returned from Europe. The spark between Eleanor and Tom is instant and intense. Flushed with new romance and increasingly attached to her young pupil, Eleanor begins to feel more comfortable with Patricia and much of the world she inhabits. As the summer wears on, the two women's friendship grows—until one hot summer evening, a line is crossed, and both Eleanor and Patricia will have to make important decisions—choices that will reverberate through their lives. Gripping and vividly told, *Not Our Kind* illuminates the lives of two women on the cusp of change—and asks how much our pasts can and should define our futures.

An unforgettable memoir about growing up Southern, grappling with faith, and confronting a childhood colored by religion, Bible Belt culture, and a mother who minces words better than a food processor. A child stumbles upon a vintage photograph and glimpses salvation. A young girl vanishes in a famous cavern when she runs away from her tour group. A hijacked plane circles overhead, its passengers' lives in jeopardy. A mystical stranger, a refugee from the Holocaust, seals off her secrets behind an elusive smile. From simple blessings to historical tragedies to random twists of fate, *This Boy's Faith* plumbs the uncanny mysteries and surprising revelations at the heart of a Southern Baptist childhood. Hamilton Cain came to Jesus on a trampoline, or as his devout parents described it, "He just jumped and bounced his way to the Lord." Growing up in Tennessee in the 1970s and '80s, he set himself on the path to becoming the best Baptist boy he could be. The veil between the concrete and the magical shimmered all around him, nourishing his soul. Religion was a map to help him navigate his life, to steer away from the reefs of temptation. Yet as he grew older, Hamilton began to notice fractures and cracks in a world that had once promised sanctuary and transcendence, perils threatening to shatter the protective shell of family and community. Like an escape artist, he cut himself free from his evangelical milieu, and eventually gravitated north, to cosmopolitan New York. Twenty years later, the smooth flow of Hamilton's life reversed itself yet again when his first child was born with a grave genetic disease. Thrown into a chasm of confusion and despair, he found the primal voices of his original culture reaching out to him. He picked up that faded, half-forgotten script to see what values, if any, could steady him in the here and now. The result is a story of growing up Baptist, and then growing up. Haunting, evocative, and gorgeously written, Hamilton Cain's debut will resonate with fans of poignant personal memoir, readers interested in faith and spirituality, and anyone who has known what it's like to engage the complexities and contradictions of one's past.

**Behave: The Biology of Humans at Our Best and Worst** Penguin

A collection of original essays by a leading neurobiologist and primatologist shares the author's insights into behavioral biology, in a volume that focuses on three primary topics, including the physiology of genes, the human body, and the factors that shape human social interaction. By the author of *A Primate's Memoir*. Reprint. 25,000 first printing.

**Stress, the Aging Brain, and the Mechanisms of Neuron Death**

**Memory and Learning in Plants**

**A Primate's Memoir**

**Journey of the Mind: How Thinking Emerged from Chaos**

**The Science of Being Human**

**This Boy's Faith**

**The Book of Humans**

From the author of *How Emotions Are Made*, a myth-busting primer on the brain, in the tradition of *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*

The New York Times Bestseller "It's no exaggeration to say that *Behave* is one of the best nonfiction books I've ever read." —David P. Barash, *The Wall Street Journal* "It has my vote for science book of the year." —Parul Sehgal, *The New York Times* "Hands-down one of the best books I've read in years. I loved it." —Dina Temple-Raston, *The Washington Post* Named a Best Book of the Year by *The Washington Post* and *The Wall Street Journal* From the celebrated neurobiologist and primatologist, a landmark, genre-defining examination of human behavior, both good and bad, and an answer to the question: Why do we do the things we do? Sapolsky's storytelling concept is delightful but it also has a powerful intrinsic logic: he starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its evolutionary legacy. And so the first category of explanation is the neurobiological one. A behavior occurs—whether an example of humans at our best, worst, or somewhere in between. What went on in a person's brain a second before the behavior happened? Then Sapolsky pulls out to a slightly larger field of vision, a little earlier in time:

What sight, sound, or smell caused the nervous system to produce that behavior? And then, what hormones acted hours to days earlier to change how responsive that individual is to the stimuli that triggered the nervous system? By now he has increased our field of vision so that we are thinking about neurobiology and the sensory world of our environment and endocrinology in trying to explain what happened. Sapolsky keeps going: How was that behavior influenced by structural changes in the nervous system over the preceding months, by that person's adolescence, childhood, fetal life, and then back to his or her genetic makeup? Finally, he expands the view to encompass factors larger than one individual. How did culture shape that individual's group, what ecological factors millennia old formed that culture? And on and on, back to evolutionary factors millions of years old. The result is one of the most dazzling tours d'horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research across a range of disciplines to provide a subtle and nuanced perspective on why we ultimately do the things we do...for good and for ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and competition, morality and free will, and war and peace. Wise, humane, often very funny, Behave is a towering achievement, powerfully humanizing, and downright heroic in its own right.

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 copies in print. Now in a third edition, Robert M. Sapolsky's acclaimed and successful Why Zebras Don't Get Ulcers features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear—and the ones that plague us now—are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way—through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, Why Zebras Don't Get Ulcers explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as "one of the best scientist/writers of our time," a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior. In the tradition of Stephen Jay Gould and Oliver Sacks, Robert Sapolsky offers a sparkling and erudite collection of essays about science, the world, and our relation to both. "The Trouble with Testosterone" explores the influence of that notorious hormone on male aggression. "Curious George's Pharmacy" reexamines recent exciting claims that wild primates know how to medicate themselves with forest plants. "Junk Food Monkeys" relates the adventures of a troop of baboons who stumble upon a tourist garbage dump. And "Circling the Blanket for God" examines the neurobiological roots underlying religious belief. Drawing on his career as an evolutionary biologist and neurobiologist, Robert Sapolsky writes about the natural world vividly and insightfully. With candor, humor, and rich observations, these essays marry cutting-edge science with humanity, illuminating the interconnectedness of the world's inhabitants with skill and flair.

The Hidden Rules of English Behavior Revised and Updated

The Great Mental Models: General Thinking Concepts

A Novel

Monkeyluv

The Moral Animal

Guide to Robert M. Sapolsky's Why Zebras Don't Get Ulcers by Instaread

The Secret Life of the Brain

Behave: The Biology of Humans at Our Best and Worst (2017) explains the numerous biological, cultural, and evolutionary factors that shape human behavior. Neurobiologist Robert M. Sapolsky uses studies from various scientific disciplines, including neurology, psychology, sociology, and anthropology, to explore why humans exhibit variable responses to both provocative and mundane situations... Purchase this in-depth summary to learn more.

From one of America’s best-known biologists, a revolutionary new way of thinking about evolution that shows “why, in light of our origins, humans are still special” (Edward J. Larson, Pulitzer Prize–winning author of Evolution). Once we had a special place in the hierarchy of life on Earth—a place confirmed by the literature and traditions of every human tribe. But then the theory of evolution arrived to shake the tree of human understanding to its roots. To many of the most passionate advocates for Darwin’s theory, we are just one species among multitudes, no more significant than any other. Even our minds are not our own, they tell us, but living machines programmed for nothing but survival and reproduction. In *The Human Instinct*, Brown University biologist Kenneth R. Miller “confronts both lay and professional misconceptions about evolution” (Publishers Weekly, starred review), showing that while evolution explains how our bodies and brains were shaped, that heritage does not limit or predetermine human behavior. In fact, Miller argues in this “highly recommended” (Forbes) work that it is only thanks to evolution that we have the power to shape our destiny. Equal parts natural science and philosophy, *The Human Instinct* makes an “absorbing, lucid, and engaging...case that it was evolution that gave us our humanity” (Ursula Goodenough, professor of biology at Washington University in St. Louis).

One of the most provocative science books ever published—“a feast of great thinking and writing about the most profound issues there are” (The New York Times Book Review). “Fiercely intelligent, beautifully written and engrossingly original.” —The New York Times Book Review Are men literally born to cheat? Does monogamy actually serve women's interests? These are among the questions that have made *The Moral Animal* one of the most provocative science books in recent years. Wright unveils the genetic strategies behind everything from our sexual preferences to our office politics—as well as their implications for our moral codes and public policies. Illustrations.

“Rutherford describes [The Book of Humans] as being about the paradox of how our evolutionary journey turned ‘an otherwise average ape’ into one capable of creating complex tools, art, music, science, and engineering. It’s an intriguing question, one his book sets against descriptions of the infinitely amusing strategies and antics of a dizzying array of animals.”—The New York Times Book Review Publisher's Note: *The Book of Humans* was previously published in hardcover as *Humanimal*. In this new evolutionary history, geneticist Adam Rutherford explores the profound paradox of the human animal. Looking for answers across the animal kingdom, he finds that many things once considered exclusively human are not: We aren’t the only species that “speaks,” makes tools, or has sex outside of procreation. Seeing as our genome is 98 percent identical to a chimpanzee’s, our DNA doesn’t set us far apart, either. How, then, did we develop the most complex culture ever observed? *The Book of Humans* proves that we are animals indeed—and reveals how we truly are extraordinary.

Human

Out of Eden

What Makes Humans Unique

Why Zebras Don't Get Ulcers

The Cultural Evolution of Thinking

Genes, Cultures, and the Human Prospect

The History of the Office of Naval Research

The international hit returns with even more wit and insight into the hidden rules that make England English.

Drawn from detailed interviews with an extraordinary cast of characters, a shocking true account retells the brutal murder of James Byrd, Jr., a forty-nine-year-old black man who was chained to the bumper of a truck and dragged down a country road by a trio of young white men, through the eyes of Sheriff Billy Rowles, who is forced to face a town filled with racism and hate. Reprint. 15,000 first printing.

Explores the impact and inconsistencies of human evolution upon human nature, examining the physical, intellectual, cultural, and sexual aspects of human development and behaviors in the light of current scientific theory.

DISCLAIMER: This is a book summary of *Behave: The Biology of Humans at Our Best and Worst* by Robert Sapolsky and is not the original book. This book is not meant to replace the original but to serve as a companion to it. SYNOPSIS: *Behave* is doubly so. Evolutionary human nature is a result of a myriad of factors, from brain chemistry to environmental conditioning, that have shaped and driven human behavior. In *Behave* (2017), renowned researcher Robert Sapolsky takes a journey into the depths of the human mind, demonstrating how and why we behave the way we do. ABOUT THE AUTHOR: Robert Sapolsky is the John A. and Cynthia F. Gunn Professor of Neurology and Neurosurgery at Stanford University. He has also written numerous other popular science books including *The Trouble with Testosterone* and *A Primate's Quest for Meaning*.

Science and the Navy

How Darwin's Forgotten Theory of Mate Choice Shapes the Animal World - and Us

The Better Angels of Our Nature

Summary of Behave by Robert Sapolsky

Summary of Robert M. Sapolsky's Behave by Swift Reads

The Vital Question

Unique

*Looking beyond the now widely recognized relationships between stress and physical illness, this accessible and engagingly written book suggests that stress and stress-related hormones can also endanger the brain. Strategies to reduce stress and methods to protect neurons from further damage are proposed, and the relevance for humans of the animal research findings are clearly delineated. Sapolsky provides an extensive review of the recent, exciting data on glucocorticoids, the adrenal steroid hormones (hydrocortisone or cortisol in humans) that are released during stress. Excessive exposure to these hormones can damage the brain and make neurons more vulnerable to neurological insults. The findings he reports and ideas he synthesizes may have profound implications for understanding brain aging and resistance of the brain to the damaging effects of strokes, seizures, and possibly Alzheimer's disease. In part I Sapolsky focuses on how the failure of glucocorticoid regulation and subsequent excessive secretion combine to cause a complex cascade of degeneration in the brain during aging. In part 11 he addresses the implications of glucocorticoid neurotoxicity for neurology. Each chapter includes a helpful summary of the major points discussed as well as a capsule review of information from the previous chapters. Robert M. Sapolsky is Associate Professor of Biology and Neuroscience at Stanford University. He is also Research Associate at the Institute for Primate Research, National Museums of Kenya, Nairobi, and a MacArthur Fellow.*

*PLEASE NOTE: This is a companion to Robert M. Sapolsky's Why Zebras Don't Get Ulcers and NOT the original book. Preview: Why Zebras Don't Get Ulcers (2004) by Robert Sapolsky is a thorough explanation of the impact of chronic stress on the body. It describes the many systems and mechanisms that stress triggers, and the ways that those systems and mechanisms can malfunction... Inside this companion to the book: · Overview of the Book · Insights from the Book · Important People · Author's Style and Perspective · Intended Audience About the Author: With Instaread, you can get the notes and insights from a book in 15 minutes or less. Visit our website at instaread.co.*

*Offering a unique insight into human behaviour, this book explains why we behave the way we do and what happens when humans interact with the world and each other. Starting with evolutionary biology and what it physically means to be a human being, this book moves on to include a wide range of topics such as artificial intelligence, virtual reality and how we are evolving as we interact with new technology. There will be sections on how we perceive the world, such as why our brains - rather than our senses - can tell us about the world around us; crowd behaviour and more everyday things we can relate to, such as why your queue is mathematically proven to always be slower. The Science of Being Human explains all these human phenomena and how science, maths, psychology and other disciplines play their part.*

*Two neuroscientists reveal why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond. Why do you exist? How did atoms and molecules transform into sentient creatures that experience longing, regret, compassion, and even marvel at their own existence? What does it truly mean to have a mind—to think? Science has offered few answers to these existential questions until now. Journey of the Mind is the first book to offer a unified account of the mind that explains how consciousness, language, self-awareness, and civilization arose incrementally out of chaos. The journey begins three billion years ago with the emergence of the universe's simplest possible mind. From there, the book explores the nanoscopic archaeon, whose thinking machinery consists of a handful of molecules, then advances through amoebas, worms, frogs, birds, monkeys, and humans, explaining what each "new" mind could do that previous minds could not. Though they admire the triumph of human consciousness, Ogi Ogas and Sai Gaddam argue that humans are hardly the most sophisticated minds on the planet. The same physical principles that produce human self-awareness are leading cities and nation-states to develop "superminds," and perhaps planting the seeds for even higher forms of consciousness. Written in lively, accessible language accompanied by vivid illustrations, Journey of the Mind is a mind-bending work of popular science, the first general book to share the cutting-edge mathematical basis for consciousness, language, and the self. It shows how a "unified theory of the mind" can explain the mind's greatest mysteries—and offer clues about the ultimate fate of all minds in the universe.*

*Behave*

*The Strange Order of Things*

*How We Evolved to Have Reason, Consciousness, and Free Will*

*The Role of Theory in Advancing 21st-Century Biology*

*A Neuroscientist's Unconventional Life Among the Baboons*

*Scientific and Medical Aspects of Human Reproductive Cloning*

*Human Natures*

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. The Great Mental Models: General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

What happened along the evolutionary trail that made humans so unique? In his accessible style, Michael Gazzaniga pinpoints the change that made us thinking, sentient

humans different from our predecessors. He explores what makes human brains special, the importance of language and art in defining the human condition, the nature of human consciousness, and even artificial intelligence.

A FINALIST FOR THE PULITZER PRIZE NAMED A BEST BOOK OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW, SMITHSONIAN, AND WALL STREET JOURNAL A major reimagining of how evolutionary forces work, revealing how mating preferences—what Darwin termed "the taste for the beautiful"—create the extraordinary range of ornament in the animal world. In the great halls of science, dogma holds that Darwin's theory of natural selection explains every branch on the tree of life: which species thrive, which wither away to extinction, and what features each evolves. But can adaptation by natural selection really account for everything we see in nature? Yale University ornithologist Richard Prum—reviving Darwin's own views—thinks not. Deep in tropical jungles around the world are birds with a dizzying array of appearances and mating displays: Club-winged Manakins who sing with their wings, Great Argus Pheasants who dazzle prospective mates with a four-foot-wide cone of feathers covered in golden 3D spheres, Red-capped Manakins who moonwalk. In thirty years of fieldwork, Prum has seen numerous display traits that seem disconnected from, if not outright contrary to, selection for individual survival. To explain this, he dusts off Darwin's long-neglected theory of sexual selection in which the act of choosing a mate for purely aesthetic reasons—for the mere pleasure of it—is an independent engine of evolutionary change. Mate choice can drive ornamental traits from the constraints of adaptive evolution, allowing them to grow ever more elaborate. It also sets the stakes for sexual conflict, in which the sexual autonomy of the female evolves in response to male sexual control. Most crucially, this framework provides important insights into the evolution of human sexuality, particularly the ways in which female preferences have changed male bodies, and even maleness itself, through evolutionary time. *The Evolution of Beauty* presents a unique scientific vision for how nature's splendor contributes to a more complete understanding of evolution and of ourselves.

"A supremely enjoyable, intoxicating work." —Nature How did we come to have minds? For centuries, poets, philosophers, psychologists, and physicists have wondered how the human mind developed its unrivaled abilities. Disciples of Darwin have explained how natural selection produced plants, but what about the human mind? In *From Bacteria to Bach and Back*, Daniel C. Dennett builds on recent discoveries from biology and computer science to show, step by step, how a comprehending mind could in fact have arisen from a mindless process of natural selection. A crucial shift occurred when humans developed the ability to share memes, or ways of doing things not based in genetic instinct. Competition among memes produced thinking tools powerful enough that our minds don't just perceive and react, they create and comprehend. An agenda-setting book for a new generation of philosophers and scientists, *From Bacteria to Bach and Back* will delight and entertain all those curious about how the mind works.

Why Is Life the Way It Is?

A Story of Race, Murder and a Small Town's Struggle for Redemption

Why Evolution is True

Why Violence Has Declined

Seven and a Half Lessons about the Brain

The Biology of Humans at Our Best and Worst

The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping (Third Edition)

From one of our preeminent neuroscientists: a landmark reflection that spans the biological and social sciences, offering a new way of understanding the origins of life, feeling, and culture. *The Strange Order of Things* is a pathbreaking investigation into homeostasis, the condition of that regulates human physiology within the range that makes possible not only the survival but also the flourishing of life. Antonio Damasio makes clear that we descend biologically, psychologically, and even socially from a long lineage that begins with single living cells; that our minds and cultures are linked by an invisible thread to the ways and means of ancient unicellular life and other primitive life-forms; and that inherent in our very chemistry is a powerful force, a striving toward life maintenance that governs life in all its guises, including the development of genes that help regulate and transmit life. In *The Strange Order of Things*, Damasio gives us a new way of comprehending the world and our place in it.

This book assembles recent research on memory and learning in plants. Organisms that share a capability to store information about experiences in the past have an actively generated background resource on which they can compare and evaluate coming experiences in order to react faster or even better. This is an essential tool for all adaptation purposes. Such memory/learning skills can be found from bacteria up to fungi, animals and plants, although until recently it had been mentioned only as capabilities of higher animals. With the rise of epigenetics the context dependent marking of experiences on the genetic level is an essential perspective to understand memory and learning in organisms. Plants are highly sensitive organisms that actively compete for environmental resources. They assess their surroundings, estimate how much energy they need for particular goals, and then realize the optimum variant. They take measures to control certain environmental resources. They perceive themselves and can distinguish between 'self' and 'non-self'. They process and evaluate information and then modify their behavior accordingly. The book will guide scientists in further investigations on these skills of plant behavior and on how plants mediate signaling processes between themselves and the environment in memory and learning processes.

Preeminent psychologist Lisa Barrett lays out how the brain constructs emotions in a way that could revolutionize psychology, health care, the legal system, and our understanding of the human mind.

"Fascinating . . . A thought-provoking journey into emotion science." —The Wall Street Journal "A singular book, remarkable for the freshness of its ideas and the boldness and clarity with which they are presented." —Scientific American "A brilliant and original book on the science of emotion, by the deepest thinker about this topic since Darwin." —Daniel Gilbert, best-selling author of *Stumbling*

on Happiness The science of emotion is in the midst of a revolution on par with the discovery of relativity in physics and natural selection in biology. Leading the charge is psychologist and neuroscientist Lisa Feldman Barrett, whose research overturns the long-standing belief that emotions are automatic, universal, and hardwired in different brain regions. Instead, Barrett shows, we construct each instance of emotion through a unique interplay of brain, body, and culture. A lucid report from the cutting edge of emotion science, *How Emotions Are Made* reveals the profound real-world consequences of this breakthrough for everything from neuroscience and medicine to the legal system and even national security, laying bare the immense implications of our latest and most intimate scientific revolution. How did human minds become so different from those of other animals? What accounts for our capacity to understand the way the physical world works, to think ourselves into the minds of others, to gossip, read, tell stories about the past, and imagine the future? These questions are not new: they have been debated by philosophers, psychologists, anthropologists, evolutionists, and neurobiologists over the course of centuries. One explanation widely accepted today is that humans have special cognitive instincts. Unlike other living animal species, we are born with complicated mechanisms for reasoning about causation, reading the minds of others, copying behaviors, and using language. Cecilia Heyes agrees that adult humans have impressive pieces of cognitive equipment. In her framing, however, these cognitive gadgets are not instincts programmed in the genes but are constructed in the course of childhood through social interaction. Cognitive gadgets are products of cultural evolution, rather than genetic evolution. At birth, the minds of human babies are only subtly different from the minds of newborn chimpanzees. We are friendlier, our attention is drawn to different things, and we have a capacity to learn and remember that outstrips the abilities of newborn chimpanzees. Yet when these subtle differences are exposed to culture-soaked human environments, they have enormous effects. They enable us to upload distinctively human ways of thinking from the social world around us. As *Cognitive Gadgets* makes clear, from birth our malleable human minds can learn through culture not only what to think but how to think it.

The Evolution of Beauty

Catalyzing Transformative Research

How Emotions Are Made

The New Science of Human Individuality

And Other Essays On The Biology Of The Human Predi

Not Our Kind

*Although its importance is not always recognized, theory is an integral part of all biological research. Biologists' theoretical and conceptual frameworks inform every step of their research, affecting what experiments they do, what techniques and technologies they develop and use, and how they interpret their data. By examining how theory can help biologists answer questions like "What are the engineering principles of life?" or "How do cells really work?" the report shows how theory synthesizes biological knowledge from the molecular level to the level of whole ecosystems. The book concludes that theory is already an inextricable thread running throughout the practice of biology; but that explicitly giving theory equal status with other components of biological research could help catalyze transformative research that will lead to creative, dynamic, and innovative advances in our understanding of life.*

*Why do we do the things we do? Over a decade in the making, this game-changing book is Robert Sapolsky's genre-shattering attempt to answer that question as fully as perhaps only he could, looking at it from every angle. Sapolsky's storytelling concept is delightful but it also has a powerful intrinsic logic: he starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its genetic inheritance. And so the first category of explanation is the neurobiological one. What goes on in a person's brain a second before the behavior happens? Then he pulls out to a slightly larger field of vision, a little earlier in time: What sight, sound, or smell triggers the nervous system to produce that behavior? And then, what hormones act hours to days earlier to change how responsive that individual is to the stimuli which trigger the nervous system? By now, he has increased our field of vision so that we are thinking about neurobiology and the sensory world of our environment and endocrinology in trying to explain what happened. Sapolsky keeps going--next to what features of the environment affected that person's brain, and then back to the childhood of the individual, and then to their genetic makeup. Finally, he expands the view to encompass factors larger than that one individual. How culture has shaped that individual's group, what ecological factors helped shape that culture, and on and on, back to evolutionary factors thousands and even millions of years old. The result is one of the most dazzling tours de horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research across a range of disciplines to provide a subtle and nuanced perspective on why we ultimately do the things we do...for good and for ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and competition, morality and free will, and war and peace. Wise, humane, often very funny, *Behave* is a towering achievement, powerfully humanizing, and downright heroic in its own right.*

*Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.*

*In the tradition of Jane Goodall and Dian Fossey, Robert Sapolsky, a foremost science writer and recipient of a MacArthur Genius Grant, tells the mesmerizing story of his twenty-one years in remote Kenya with a troop of Savannah baboons. "I had never planned to become a savanna baboon when I grew up; instead, I had always assumed I would become a mountain gorilla," writes Robert Sapolsky in this witty and riveting chronicle of a scientist's coming-of-age in remote Africa. An exhilarating account of Sapolsky's twenty-one-year study of a troop of rambunctious baboons in Kenya, *A Primate's Memoir* interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti—for man and beast alike. Over two decades, Sapolsky survives culinary atrocities, gunpoint encounters, and a surreal kidnapping, while witnessing the encroachment of the tourist mentality on the farthest vestiges of unspoiled Africa. As he conducts unprecedented physiological research on wild primates, he becomes evermore enamored of his subjects—unique and compelling characters in their own right—and he returns to them summer after summer, until tragedy finally prevents him. By turns hilarious and poignant, *A Primate's Memoir* is a magnum opus from one of our foremost science writers.*

*A Brief History of Culture, Sex, War, and the Evolution of Us*

*The Human Instinct*

*The Science Behind What Makes Your Brain Unique*

*The Trouble With Testosterone*

*And Other Essays on Our Lives as Animals*

*Watching the English, Second Edition*

*Cognitive Gadgets*

***The Unpredictable Species argues that the human brain evolved in a way that enhances our cognitive flexibility and capacity for innovation and imitation. In doing so, the book challenges the central claim of evolutionary psychology that we are locked into predictable patterns of behavior that were fixed by genes, and refutes the claim that language is innate. Philip Lieberman builds his case with evidence from neuroscience, genetics, and physical anthropology, showing how our basal ganglia--structures deep within the brain whose origins predate the dinosaurs--came to play a key role in human creativity. He demonstrates how the transfer of information in these structures was enhanced by genetic mutation and evolution, giving rise to supercharged neural circuits linking activity in different parts of the brain. Human invention, expressed in different epochs and locales in the form of stone tools, digital computers, new art forms, complex civilizations--even the latest fashions--stems from these supercharged circuits. The Unpredictable Species boldly upends scientifically controversial yet popular beliefs about how our brains actually work. Along the way, this compelling book provides insights into a host of topics related to human cognition, including associative learning, epigenetics, the skills required to be a samurai, and the causes of cognitive confusion on Mount Everest and of Parkinson's disease.***

***Inspired by the abundance of unique personalities available on dating websites, a renowned neuroscientist examines the science of what makes you, you. David J. Linden has devoted his career to understanding the biology common to all humans. But a few years ago he found himself on OkCupid. Looking through that vast catalog of human diversity, he got to wondering: What makes us all so different? Unique is the riveting answer. Exploring everything from the roots of sexuality, gender, and intelligence to whether we like bitter beer, Linden shows how our individuality results not from a competition of nature versus nurture, but rather from a mélange of genes continually responding to our experiences in the world, beginning in the womb. And he shows why individuality matters, as it is our differences that enable us to live together in groups. Told with Linden's unusual combination of authority and openness, seriousness of purpose and wit, Unique is the story of how the factors that make us all human can change and interact to make each of us a singular person.***

***Addressing all those interested in the history of American science and concerned with its future, a leading scholar of public policy explains how and why the Office of Naval Research became the first federal agency to support a wide range of scientific work in universities. Harvey Sapolsky shows that the ONR functioned as a "surrogate national science foundation" between 1946 and 1950 and argues that its activities emerged not from any particularly enlightened position but largely from a bureaucratic accident. Once involved with basic research, however, the ONR challenged a Navy skeptical of the value of independent scientific advice and established a national security rationale that gave American science its Golden Age. Eventually, the ONR's autonomy was worn away in bureaucratic struggles, but Sapolsky demonstrates that its experience holds lessons for those who are committed to the effective management of science and interested in the ability of scientists to choose the directions for their research. As military support for basic research fades, scientists are discovering that they are unprotected from the vagaries of distributive politics. Originally published in 1990. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.***

***In this changing world of what is deemed socially and politically "correct," polygamy is perhaps the last great taboo. Over the course of the last thousand years, monogamy - at least in name - has been the default setting for coupledness and procreation. And yet, throughout history, there have been inklings that "one-man, one-woman" may not be the most natural state-of-being for humans. The recent Ashley Madison "cheaters website" hacking, coupled with the high divorce rate of the last half-century, provide more than enough evidence to convince even a hopeless romantic that monogamy, and the institution of marriage which props it up, is doomed to be a bygone remnant of a more socially conservative past. Esteemed writer and evolutionary biologist David P. Barash tackles this uncomfortable finding: that humans are actually biologically and anthropologically more inclined toward polygamy. With years of research in the field to back up this argument, Barash presents hundreds of anecdotes from both evolutionary biology and human history that guide the reader through the societal impacts of monogamy and polygamy - some expected (sexual behavior) and others unexpected (the most successful models of parenting). Despite this natural inclination of humanity, Barash is reassuring throughout this fascinating read in his resolution that "biology is not destiny."***

***Stress and Your Body***

***The Unpredictable Species***

***Why We Behave, Think and Feel the Way We Do***

***Life, Feeling, and the Making of Cultures***

***Why We Are, the Way We Are: The New Science of Evolutionary Psychology***

***The Surprising Consequences of Polygamy***

***From Bacteria to Bach and Back: The Evolution of Minds***

For all the discussion in the media about creationism and 'Intelligent Design', virtually nothing has been said about the evidence in question - the evidence for evolution by natural selection. Yet, as this succinct and important book shows, that evidence is vast, varied, and magnificent, and drawn from many disparate fields of science. The very latest research is uncovering a stream of evidence revealing evolution in action - from the actual observation of a species splitting into two, to new fossil discoveries, to the deciphering of the evidence stored in our genome. Why Evolution is True weaves together the many threads of modern work in genetics, palaeontology, geology, molecular biology, anatomy, and development to demonstrate the 'indelible stamp' of the processes first proposed by Darwin. It is a crisp, lucid, and accessible statement that will leave no one with an open mind in any doubt about the truth of evolution.

Professor Robert Sapolsky explores the physiological effects of stress on the human body.

Why is life the way it is? Bacteria evolved into complex life just once in four billion years of life on earth-and all complex life shares many strange properties, from sex to ageing and death. If life evolved on other planets, would it be the same or completely different? In The Vital Question, Nick Lane radically reframes evolutionary history, putting forward a cogent solution to conundrums that have troubled scientists for decades. The answer, he argues, lies in energy: how all life on Earth lives off a voltage with the strength of a bolt of lightning. In unravelling these scientific enigmas, making sense of life's quirks, Lane's explanation provides a solution to life's vital questions: why are we as we are, and why are we here at all? This is ground-breaking science in an accessible form, in the tradition of Charles Darwin's The Origin of Species, Richard Dawkins' The Selfish Gene, and Jared Diamond's Guns, Germs and Steel.

Human reproductive cloning is an assisted reproductive technology that would be carried out with the goal of creating a newborn genetically identical to another human being. It is currently the subject of much debate around the world, involving a variety of ethical, religious, societal, scientific, and medical issues. Scientific and Medical Aspects of Human Reproductive Cloning considers the scientific and medical sides of this issue, plus ethical issues that pertain to human-subjects research. Based on experience with reproductive cloning in animals, the report concludes that human reproductive cloning would be dangerous for the woman, fetus, and newborn, and is likely to fail. The study panel did not address the issue of whether human reproductive cloning, even if it were found to be medically safe, would be "or would not be" acceptable to individuals or society.

Notes from a Southern Baptist Upbringing

A Death in Texas