

A Hunter Gatherers Guide To The 21st Century Evolution And The Challenges Of Modern Life

SubsistenceA Guide to the Rock Art of the Matopo Hills, ZimbabweArchaeology, a Bibliographical Guide to the Basic LiteraturePaleo in MaineStructured WorldsGuideExercisedThe Ultimate Guide to WitchcraftContemporary Archaeology; a Guide to Theory and ContributionsADHDThe Scavenger's Guide to Haute CuisineThe Modern Hunter-GathererBeginner's Guide to ArchaeologyAAA GuideCivilized to DeathThe Rough Guide to GuatemalaHunter-Gatherer ChildhoodsSex at DawnA Guide to Primate Sociobiological Theory and ResearchGarden Route GuideWhy Forage?AAA Guide 1989-90Study Guide to Accompany Biology by Karen Arms and Pamela S. CampA Falconer's Guide to DyingThe Oxford Guide to the Transeurasian LanguagesKalahari Hunter-GatherersThe Hunter-gatherer WithinThe Princeton Guide to EvolutionInstructor's and Librarian's Guide to the HRAF ArchiveRitual in Human Evolution and ReligionPaleo Diet GuideEphemeral Hunter-Gatherer Archaeological SitesHunting & Gathering Survival ManualIt's Only Slow Food Until You Try to Eat ItEC Study Guide to Environment-related CoursesA guide to the world's greatest buildingsThe Oxford Handbook of the Archaeology and Anthropology of Hunter-GatherersA Guide to Periodical Articles about Botswana, 1965-80Study Guide to Accompany Gelles, Levine, Sociology, an Introduction, Fifth EditionCaveman's Guide to Baby's First Year

Subsistence

Foraging persists as a viable economic strategy both in remote regions and within the bounds of developed nation-states. Given the economic alternatives available, why do some groups choose to maintain their hunting and gathering lifeways? Through a series of detailed case studies, the contributors to this volume examine the decisions made by modern-day foragers to sustain a predominantly hunting and gathering way of life. What becomes clear is that hunter-gatherers continue to forage because the economic benefits of doing so are high relative to the local alternatives and, perhaps more importantly, because the social costs of not foraging are prohibitive; in other words, hunter-gatherers value the social networks built through foraging and sharing more than the potential marginal gains of a new mode of subsistence. Why Forage? shows that hunting and gathering continues to be a viable and vibrant way of life even in the twenty-first century.

A Guide to the Rock Art of the Matopo Hills, Zimbabwe

A Guide to the Rock Art of the Matopo Hills Zimbabwe is an essential book for anyone visiting these hills of western Zimbabwe and for those with an interest in rock art. Copies of the paintings by Janet Duff bring the art to life. It discusses the lifestyle and beliefs of the Stone Age hunter-gathers who painted on the rocks, as well as considering the art itself and its interpretation. It concludes with a description of the major sites in the Matopop hills.

Archaeology, a Bibliographical Guide to the Basic Literature

Paleo in Maine

From the beloved Field & Stream columnist: “ Heavey takes us back to the joys—and occasional pitfalls—of the humble edibles around us ” (The Wall Street Journal). For Bill Heavey, being a sportsman is more than a hobby—it ’ s a way of life. So despite living inside the DC Beltway, raising a daughter who has an aversion to “ nature food, ” and having zero experience with foraging or gardening, Bill attempts the ultimate sportsman ’ s dream: living off the land. Unsurprisingly, Bill ’ s foray into catching, finding, and growing his dinner doesn ’ t go exactly as planned. From battles with tomato-eating squirrels to a grizzly attempt at gutting perch to multiple failures at harvesting an appetizing salad, Bill stumbles through his quest for wild food with blood loss, humiliation, and hard lessons. Still, with the help of his locavore girlfriend and an eccentric neighbor who runs an under-the-table bait business, he manages to eat the way our ancestors did—and uncovers the true meaning of being full. “ Bold, courageous, hilarious, honest, and touching ” (Duff Goldman), Bill Heavey ’ s first full-length book is a must-read look at how we consume, consider, and source our most basic of needs.

Structured Worlds

Written by Anjou Kiernan—named "One of the Magical Women You Should be Following on Instagram," by Refinery 29—The Ultimate Guide to Witchcraft is a beginner's guide to the practice of witchcraft, providing a complete toolkit for cultivating your own practice. Magic is not for the select few. We all have the ability to connect to the power of the natural and supernatural worlds to support our intentions. Blending ancient practices with modern context, this guide gives aspiring witches a practical, easy-to-follow path through the study of natural witchcraft and ritual. Whether you are looking to commune with spirits across the veil, need an amulet for protection, wish to build your magical apothecary, create a grimoire, or curate a crystal collection for vibrational work, this guide will empower and inform your craft. Learn how to harness the power of the moon, elements, and seasons to amplify your spells and divination work. Whether for personal development or spiritual enlightenment, The Ultimate Guide to Witchcraft is the perfect guide for teaching you how to tap into your own magic and apply its alchemy to your life.

Guide

This book explores the role of ritual in social life, human evolution, and religion. It explains the functions and purpose of varied rituals across the world by arguing they are mechanisms of ‘ resource management ’ , providing a descriptive tool for understanding rituals and generating predictions about ritual survival. By showing how rituals have resulted from the need to cultivate social resources necessary to sustain cooperative groups, Rossano presents a unique examination of the function of rituals and how they cultivate, mobilize, and direct psychological resources. Rossano examines rituals from a diverse range of historical contexts, including the Greco-Romans, Soviet Russians, and those in ‘ crisis cults ’ . The book shows how rituals address societal and community problems by cultivating three psychological resources – commitment to communal values, goodwill (both of humans and supernatural agents) and social support or social capital. Holding communities

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together in the face of threat, disaster, or apathy is one of ritual ' s primary functions, and the author describes how our ancestors used ritual to become the highly social, inter-dependent primate that is Homo sapiens. Including examples from all over the world and providing detailed descriptions of both past and current ritual practices, this is fascinating reading for students and academics in psychology, sociology, religion, anthropology, and sociology.

Exercised

Archaeological Geophysics for Ephemeral Human Occupations: Focusing on the Small-Scale combines technological advances in near-surface geophysics with recent archaeological scholarship and underlying archaeological premises to provide a practical manual for guiding archaeo-geophysical research design. By proposing the amelioration of communication gaps between traditional and geophysical archaeologists, this book will foment dialogue and participate in bringing about new ways of thinking anthropologically about archaeological geophysics, especially in relation to prehistoric open-air ephemeral sites. Offering a way to begin a dialogue between archaeology and geophysics, Archaeological Geophysics for Ephemeral Human Occupations is an important reference for practicing professionals, instructors, and students in geophysics and anthropology/archaeology, as well as geology. Serves as a practical manual for guiding archaeo-geophysical research design Bridges the communication gap between traditional and geophysical archaeologists to contribute to new ways of thinking anthropologically about archaeological geophysics Provides a focus on prehistoric open-air ephemeral sites, which are often underrepresented Offers an important reference for practicing professionals, instructors, and students in geophysics and anthropology/archaeology, as well as geology

The Ultimate Guide to Witchcraft

Contemporary Archaeology; a Guide to Theory and Contributions

Prisoner. Prince. Sacrifice. As the captive of the People of the New Hum, Granite is all of these things. Bartered away by his half sister in order to rescue the rest of their friends, the journeyman half orc ranger starts to lose himself. Anger and hopelessness threaten to overwhelm him. But a dying falconer sends his most beloved companion, Belinda the gyrfalcon, to bond with the captive prince. She introduces him to a world inside of his own mind, and helps to prepare him for the trials to come. Can the abandoned young man and his new winged ally survive the trials of the Igneous Citadel? Half a world away, Sarah and her companions search for answers about the invasion of the northern elflands. Their quest leads them to the doorstep of an ancient evil so dire, it was locked away by the gods themselves. All the while, Sarah must endure the pain of sacrificing her brother, and weather the resentment of her companions. Can the Blackstaff siblings survive, when Panos itself seems hellbent on their destruction? Or will the wedge driven between them prove to be the source of their downfall?

ADHD

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A complete, concise guide to living off the land in central Texas utilizing every modern and legal technique. Although there are many "survival" books in print, most focus on hypothetical situations and the use of primitive techniques that take years to master and are often illegal. This book is unique in that it provides all of the information that one needs to begin supplementing diet and income. This book focuses on a very specific region—Central Texas. Although nomadic, foragers are strongly tied to their respective bioregions and focus exclusively on them. While other books may list hundreds of edible plants and animals, the modern subsistence hunter is left to guess at which would be the most profitable to pursue. This book attempts to remedy that problem by including estimates of whole caloric values of all species and including only those which are abundant enough to serve as high-calorie, high protein staples.

The Scavenger's Guide to Haute Cuisine

The Modern Hunter-Gatherer

Beginner's Guide to Archaeology

For more than a century, the study of hunting and gathering societies has been central to the development of both archaeology and anthropology as academic disciplines, and has also generated widespread public interest and debate. The Oxford Handbook of the Archaeology and Anthropology of Hunter-Gatherers provides a comprehensive review of hunter-gatherer studies to date, including critical engagements with older debates, new theoretical perspectives, and renewed obligations for greater engagement between researchers and indigenous communities. Chapters provide in-depth archaeological, historical, and anthropological case-studies, and examine far-reaching questions about human social relations, attitudes to technology, ecology, and management of resources and the environment, as well as issues of diet, health, and gender relations - all central topics in hunter-gatherer research, but also themes that have great relevance for modern global society and its future challenges. The Handbook also provides a strategic vision for how the integration of new methods, approaches, and study regions can ensure that future research into the archaeology and anthropology of hunter-gatherers will continue to deliver penetrating insights into the factors that underlie all human diversity.

AAA Guide

Civilized to Death

"An earlier edition of this work was published in 2006 by Miramax Books/Hyperion."-- Title page verso.

The Rough Guide to Guatemala

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A guide for new fathers focuses on the baby's first year, with information and advice on food and nutrition, clothing, sleep, health and wellness, and socialization.

Hunter-Gatherer Childhoods

The Rough Guide to Guatemala is the essential guide to this captivating country. A 24-page, full-colour introduction gives an inspiring insight into Guatemala's highlights, from the delightful colonial city of Antigua to the ancient Maya ruins in Petén. The guide includes extensive and reliable reviews of all the best places to eat, drink and stay for visitors on every budget. There is plenty of practical advice when travelling to remote highland areas, plus detailed information on jungle treks, river rafting and volcano climbs. The guide also includes thorough and informed commentary on Guatemala's politics, indigenous culture, diverse landscape and spectacular wildlife, as well as detailed maps and plans for every region.

Sex at Dawn

[The book] is designed to accompany Gelles and Levine's Sociology, fifth edition [It] is not a substitute for reading the chapters in the textbook [The book] can provide: a summary of important concepts, issues, and applications a more detailed review of each chapter several indicators of how well you have mastered the material; instant feedback on your comprehension of the presentations.-Introd.

A Guide to Primate Sociobiological Theory and Research

Garden Route Guide

Hunter-gatherer societies are constrained by their environment and the technologies available to them. However, until now the role of culture in foraging communities has not been widely considered. 'Structured Worlds' examines the role of cosmology, values, and perceptions in the archaeological histories of hunter-fisher-gatherers. The essays examine a range of cultures - Mesolithic Europe, Siberia, Jomon Japan, the Northwest Coast, the northern Plains, and High Arctic of North America - to show the role of conceptual frameworks in subsistence and settlement, technology, mobility, migration, demography, and social organization. Spanning from the early Holocene period to the present day, 'Structured Worlds' draws on archaeology and ethnography to explore the role of beliefs, ritual, and social values in the interaction between foragers and their physical and social landscape. Material culture, animal bones and settlement patterns show that the behaviours of hunter-gatherers were shaped as much by cultural concepts as by material need.

Why Forage?

A newly revised and updated edition of the classic guide to reframing our view of ADHD and embracing its benefits • Explains that people with ADHD are not disordered or dysfunctional, but simply “hunters in a farmer’s world” --possessing a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society • Offers concrete non-drug methods and practices to help hunters--and their

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parents, teachers, and managers--embrace their differences, nurture creativity, and find success in school, at work, and at home • Reveals how some of the world ' s most successful people can be labeled as ADHD hunters, including Benjamin Franklin, Thomas Edison, and Andrew Carnegie With 10 percent of the Western world ' s children suspected of having Attention Deficit Disorder, or ADHD, and a growing number of adults self-diagnosing after decades of struggle, the question must be raised: How could Nature make such a " mistake " ? In this updated edition of his groundbreaking classic, Thom Hartmann explains that people with ADHD are not abnormal, disordered, or dysfunctional, but simply " hunters in a farmer ' s world. " Often highly creative and single-minded in pursuit of a self-chosen goal, those with ADHD symptoms possess a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society. As hunters, they would have been constantly scanning their environment, looking for food or threats (distractibility); they ' d have to act without hesitation (impulsivity); and they ' d have to love the high-stimulation and risk-filled environment of the hunting field. With our structured public schools, office workplaces, and factories those who inherit a surplus of " hunter skills " are often left frustrated in a world that doesn ' t understand or support them. As Hartmann shows, by reframing our view of ADHD, we can begin to see it not as a disorder, but as simply a difference and, in some ways, an advantage. He reveals how some of the world ' s most successful people can be labeled as ADHD hunters and offers concrete non-drug methods and practices to help hunters--and their parents, teachers, and managers--embrace their differences, nurture creativity, and find success in school, at work, and at home. Providing a supportive " survival " guide to help fine tune your natural skill set, rather than suppress it, Hartmann shows that each mind--whether hunter, farmer, or somewhere in between--has value and great potential waiting to be tapped.

AAA Guide 1989-90

Study Guide to Accompany Biology by Karen Arms and Pamela S. Camp

The New York Times bestselling coauthor of *Sex at Dawn* explores the ways in which " progress " has perverted the way we live—how we eat, learn, feel, mate, parent, communicate, work, and die—in this " engaging, extensively documented, well-organized, and thought-provoking " (Booklist) book. Most of us have instinctive evidence the world is ending—balmy December days, face-to-face conversation replaced with heads-to-screens zomboidism, a world at constant war, a political system in disarray. We hear some myths and lies so frequently that they feel like truths: Civilization is humankind ' s greatest accomplishment. Progress is undeniable. Count your blessings. You ' re lucky to be alive here and now. Well, maybe we are and maybe we aren ' t. *Civilized to Death* counters the idea that progress is inherently good, arguing that the " progress " defining our age is analogous to an advancing disease. Prehistoric life, of course, was not without serious dangers and disadvantages. Many babies died in infancy. A broken bone, infected wound, snakebite, or difficult pregnancy could be life-threatening. But ultimately, Christopher Ryan questions, were these pre-civilized dangers more murderous than modern scourges, such as car accidents, cancers, cardiovascular disease, and a technologically prolonged dying process? *Civilized to Death* " will make you see our so-called progress in a whole new light " (Book Riot) and adds to the timely

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conversation that “ the way we have been living is no longer sustainable, at least as long as we want to the earth to outlive us ” (Psychology Today). Ryan makes the claim that we should start looking backwards to find our way into a better future.

A Falconer's Guide to Dying

"We want to examine what the scientific evidence suggests is really going on when we eat food, and how we can eat and live in a way that best gives us the health benefits of a hunter-gatherer lifestyle while living in and enjoying the advantages of the modern world. We also hope to use the evidence to explore how we can increase our chances of avoiding chronic diseases, obesity, and other health problems -- the "Diseases of Civilization." -- page 7.

The Oxford Guide to the Transeurasian Languages

Kalahari Hunter-Gatherers

Outline guide to the planning, excavation and analysis of archaeological sites with a discussion of man's 40,000 years in the Western Hemisphere.

The Hunter-gatherer Within

Intended as a guide or reader in graduate or advanced undergraduate courses and as a reference for professionals interested in the latest archaeological achievements, this significant compilation of articles dealing with the theoretical bases and substantive accomplishments of contemporary archaeology provides the coherent theory and concrete results of recent developments in anthropological archaeology. The thirty-three contributions here brought together, most of them previously published but several of which were written especially for this volume, are divided into seven main sections and are linked together by Mr. Leone's extensive commentary and discussion. A comprehensive bibliography provides unifying concepts of the work presented here and serves as a further guide to contemporary developments.

The Princeton Guide to Evolution

A manual for the modern hunter-gatherer that will teach you everything you need to know about foraging, hunting, and cooking in the wild. From finding wild edible plants to subsistence hunting, you'll learn how to live off the land while hunting like a caveman—and eating like a king. With high-quality design, intricate detail, and a durable flexicover, this manual is the perfect addition to any outdoor enthusiast's library. Whether you're using modern tools, old-fashioned snares, or your own two hands, this book will show you the amazing range of hands-on (literally!) methods for catching and cooking your prey. Use the detailed field guides to gather edible plants, nuts, and mushrooms, then turn them into gourmet meals with field-tested camp cooking tips. And prepare for any emergency, whether you're lost in the woods or surviving a natural disaster. This book demystifies it all, with simple hints and step-by-step illustrations to make you a self-sufficient survivor—in your backyard or in the

wild.

Instructor's and Librarian's Guide to the HRAF Archive

Paleo, a way of eating resembling that of our ancestors more than our current industrial food system, has evolved into more than a diet. It has come to represent a cultural shift in the ways that we eat, exercise, play, and live. Paleo in Maine: a Local Resource Guide for the Modern Hunter Gatherer features recipes, resources, and real-life stories from farms and kitchens across the state. This book includes: * An overview of the basic Paleo diet * Information on hunting, fishing, and foraging throughout Maine * Interviews with Jonah Fertig of Local Sprouts Cooperative, Toby Tarpinian of Morning Glory Natural Foods, and Ralph Caldwell of Caldwell Farms * A directory of natural food stores and "paleo-friendly" distributors * Recipes and sample meal plans from Keirsten Murphy of the popular recipe blog Keirsten's Kitchen

Ritual in Human Evolution and Religion

"In his fourth book, survival instructor Tony Nester delves into practical methods that he has applied on extended survival courses over the past twenty years showing the best techniques for beginning and advanced students of wilderness living. This innovative book illustrates, with detailed photos, the essential methods for harvesting, preserving and cooking small game fish, edible plants, and how to reduce your dependence on "the system" "--Cover page 4.

Paleo Diet Guide

'The Garden Route' is a flat, wave-cut platform along the Cape coast in the shadow of beautiful mountains. Discover the fascinating plants and animals that depend on the currents, waves, soils and climate of the coastline, and enjoy an abundance of outdoor activities and more.

Ephemeral Hunter-Gatherer Archaeological Sites

The Oxford Guide to the Transeurasian Languages provides a comprehensive account of the Transeurasian languages, and is the first major reference work in the field since 1965. The term 'Transeurasian' refers to a large group of geographically adjacent languages that includes five uncontroversial linguistic families: Japonic, Koreanic, Tungusic, Mongolic, and Turkic. The historical connection between these languages, however, constitutes one of the most debated issues in historical comparative linguistics. In the present book, a team of leading international scholars in the field take a balanced approach to this controversy, integrating different theoretical frameworks, combining both functional and formal linguistics, and showing that genealogical and areal approaches are in fact compatible with one another. The volume is divided into five parts. Part I deals with the historical sources and periodization of the Transeurasian languages and their classification and typology. In Part II, chapters provide individual structural overviews of the Transeurasian languages and the linguistic subgroups that they belong to, while Part III explores Transeurasian phonology, morphology, syntax, lexis, and semantics from a

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comparative perspective. Part IV offers a range of areal and genealogical explanations for the correlations observed in the preceding parts. Finally, Part V combines archaeological, genetic, and anthropological perspectives on the identity of speakers of Transeurasian languages. The Oxford Guide to the Transeurasian Languages will be an indispensable resource for specialists in Japonic, Koreanic, Tungusic, Mongolic, and Turkic languages and for anyone with an interest in Transeurasian and comparative linguistics more broadly.

Hunting & Gathering Survival Manual

Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science—as well as religious and cultural institutions—has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep climbing as adultery and flagging libido drag down even seemingly solid marriages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jethå. While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jethå show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, *Sex at Dawn* unapologetically upends unwarranted assumptions and unfounded conclusions while offering a revolutionary understanding of why we live and love as we do.

It's Only Slow Food Until You Try to Eat It

In the vast anthropological literature devoted to hunter-gatherer societies, surprisingly little attention has been paid to the place of hunter-gatherer children. Children often represent 40 percent of hunter-gatherer populations, thus nearly half the population is omitted from most hunter-gatherer ethnographies and research. This volume is designed to bridge the gap in our understanding of the daily lives, knowledge, and development of hunter-gatherer children. The twenty-six contributors to *Hunter-Gatherer Childhoods* use three general but complementary theoretical approaches--evolutionary, developmental, cultural--in their presentations of new and insightful ethnographic data. For instance, the authors employ these theoretical orientations to provide the first systematic studies of hunter-gatherer children's

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hunting, play, infant care by children, weaning and expressions of grief. The chapters focus on understanding the daily life experiences of children, and their views and feelings about their lives and cultural change. Chapters address some of the following questions: why does childhood exist, who cares for hunter-gatherer children, what are the characteristic features of hunter-gatherer children's development and what are the impacts of culture change on hunter-gatherer child care? The book is divided into five parts. The first section provides historical, theoretical and conceptual framework for the volume; the second section examines data to test competing hypotheses regarding why childhood is particularly long in humans; the third section expands on the second section by looking at who cares for hunter-gatherer children; the fourth section explores several developmental issues such as weaning, play and loss of loved ones; and, the final section examines the impact of sedentism and schools on hunter-gatherer children. This pioneering volume will help to stimulate further research and scholarship on hunter-gatherer childhoods, th

EC Study Guide to Environment-related Courses

A guide to the world's greatest buildings

Convenient, In-Depth Laminated Information Guide This folding laminated guide is packed with detailed information on both sides. The rich design and colorful layout help readers find exactly what they're looking for quickly and efficiently. Sturdy board stock and lamination make this information guide extremely durable. Folded size 7-3/4" x 10-7/8".

The Oxford Handbook of the Archaeology and Anthropology of Hunter-Gatherers

A Guide to Periodical Articles about Botswana, 1965-80

The Princeton Guide to Evolution is a comprehensive, concise, and authoritative reference to the major subjects and key concepts in evolutionary biology, from genes to mass extinctions. Edited by a distinguished team of evolutionary biologists, with contributions from leading researchers, the guide contains some 100 clear, accurate, and up-to-date articles on the most important topics in seven major areas: phylogenetics and the history of life; selection and adaptation; evolutionary processes; genes, genomes, and phenotypes; speciation and macroevolution; evolution of behavior, society, and humans; and evolution and modern society. Complete with more than 100 illustrations (including eight pages in color), glossaries of key terms, suggestions for further reading on each topic, and an index, this is an essential volume for undergraduate and graduate students, scientists in related fields, and anyone else with a serious interest in evolution. Explains key topics in some 100 concise and authoritative articles written by a team of leading evolutionary biologists Contains more than 100 illustrations, including eight pages in color Each article includes an outline, glossary, bibliography, and cross-references Covers phylogenetics and the history of life; selection and adaptation; evolutionary processes; genes, genomes, and phenotypes; speciation and macroevolution;

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evolution of behavior, society, and humans; and evolution and modern society

Study Guide to Accompany Gelles, Levine, Sociology, an Introduction, Fifth Edition

Caveman's Guide to Baby's First Year

If exercise is healthy (so good for you!), why do many people dislike or avoid it? These engaging stories and explanations will revolutionize the way you think about exercising--not to mention sitting, sleeping, sprinting, weight lifting, playing, fighting, walking, jogging, and even dancing. "Strikes a perfect balance of scholarship, wit, and enthusiasm." --Bill Bryson, New York Times best-selling author of *The Body* · If we are born to walk and run, why do most of us take it easy whenever possible? · Does running ruin your knees? · Should we do weights, cardio, or high-intensity training? · Is sitting really the new smoking? · Can you lose weight by walking? · And how do we make sense of the conflicting, anxiety-inducing information about rest, physical activity, and exercise with which we are bombarded? In this myth-busting book, Daniel Lieberman, professor of human evolutionary biology at Harvard University and a pioneering researcher on the evolution of human physical activity, tells the story of how we never evolved to exercise--to do voluntary physical activity for the sake of health. Using his own research and experiences throughout the world, Lieberman recounts without jargon how and why humans evolved to walk, run, dig, and do other necessary and rewarding physical activities while avoiding needless exertion. Exercised is entertaining and enlightening but also constructive. As our increasingly sedentary lifestyles have contributed to skyrocketing rates of obesity and diseases such as diabetes, Lieberman audaciously argues that to become more active we need to do more than medicalize and commodify exercise. Drawing on insights from evolutionary biology and anthropology, Lieberman suggests how we can make exercise more enjoyable, rather than shaming and blaming people for avoiding it. He also tackles the question of whether you can exercise too much, even as he explains why exercise can reduce our vulnerability to the diseases mostly likely to make us sick and kill us.

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