



The Story of the Human Body Evolution, Health, and Disease

By Daniel Lieberman

Vintage. Paperback. Book Condition: New. Paperback. 480 pages. Dimensions: 7.9in. x 5.2in. x 1.0in. In this landmark book of popular science, Daniel E. Lieberman, chair of the department of human evolutionary biology at Harvard University and a leader in the field, gives us a lucid and engaging account of how the human body evolved over millions of years, even as it shows how the increasing disparity between the jumble of adaptations in our Stone Age bodies and advancements in the modern world is occasioning this paradox: greater longevity but increased chronic disease. The Story of the Human Body brilliantly illuminates as never before the major transformations that contributed key adaptations to the body: the rise of bipedalism; the shift to a non-fruit-based diet; the advent of hunting and gathering, leading to our superlative endurance athleticism; the development of a very large brain; and the incipience of cultural proficiencies. Lieberman also elucidates how cultural evolution differs from biological evolution, and how our bodies were further transformed during the Agricultural and Industrial Revolutions. While these ongoing changes have brought about many benefits, they have also created conditions to which our bodies are not entirely adapted, Lieberman argues, resulting in the growing incidence of obesity and...



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