



Uncivilised Genes: Human evolution and the urban paradox (Paperback)

By Gustav Milne

Independent Thinking Press, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand new Book. In *Uncivilised Genes: Human Evolution and the Urban Paradox*, Gustav Milne explores how we can reconfigure our lifestyles and urban environments, based on an understanding of our prehistoric past, in order to bring about a richer future for mankind. We evolved as hunter-gatherers over a period of more than three million years: living off the land within small tribal societies in a symbiotic working relationship with nature. Understanding this legacy and how our evolution has determined our social, psychological, nutritional and physiological needs means we can adopt what Milne has termed evolutionary-concordant behaviours: behaviours designed to reconcile the fundamental mismatch between our current urban lifestyles and our ancient biology. Our ancestral diets and lifestyles could hold the secret not only to enhancing our health and happiness but also to combating the prevalence of western lifestyle diseases such as obesity, type 2 diabetes and various types of cancer to name but a few. Milne expertly evaluates these challenges - along with many other issues pertinent to our urban wellbeing - and proposes solutions within our reach, including adaptations to our dietary regimes, lifestyle-embedded activities and school and...



READ ONLINE
[4.82 MB]

Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- Elinore Vandervort

If you need to add benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.

-- Mrs. Mariam Hartmann

You May Also Like



[The Singer and The Songwriter - Handbook and Workbook: An Idea Book for Songwriters who Like to Sing and for Singers who Like to Write Songs \(Paperback\)](#)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Sarah Janisse Brown, Anistasia Fitas (illustrator). Workbook. Language: English. Brand new Book. The Singer and The Songwriter - Handbook and Workbook: An Idea Book for Songwriters who Like to Sing and for...



[Mental Health, Psychiatry and the Arts: A Teaching Handbook \(Paperback\)](#)

Taylor & Francis Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English. Brand new Book. 'Medicine and psychiatry, both based on science, require the art of caring, using the principles of art in learning and teaching. Sitting with a patient, making sense...



[Minecraft Guide to The Nether and the End: An official Minecraft book from Mojang \(Hardback\)](#)

Egmont UK Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand new Book. Now that you've mastered the Overworld, the time has come to brave the perilous Nether and End dimensions. But survival will be even more difficult here and you'll...



[THE WADSWORTH GUIDE TO RESEARCH 2ED \(IE\): MILLER-COCHRAN S K](#)

PAPERBACK. Condition: New. Book Cover and ISBN may be different from US edition but contents as same US Edition. Excellent Quality, Service and customer satisfaction guaranteed! We may ship the books from Asian regions for inventory purpose. Our courier service is not...



[The Only Game in Town: Central Banks, Instability, and Avoiding the Next Collapse \(Paperback\)](#)

Yale University Press, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. An incisive analysis of the state of the global economy and what the future holds. Surrounded by sluggish growth, high rates of unemployment, rising inequality, growing financial instability and...



[A Particular Account of the Electrical Experiments Hitherto Made Publick, with Variety of New Ones, and Full Instructions for Performing Them: To Which Is Annex'd, the Description of a Compleat Electrical Machine](#)

Gale Ecco, Print Editions, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The 18th century was a wealth of knowledge, exploration and rapidly growing technology and expanding record-keeping made possible by advances in the...