Mean Genes From Sex To Money To Food Taming Our Primal Instincts

Explains the genetic role behind "modern" problems such as thrill-seeking, infidelity, eating disorders, and addiction.

The purpose of this manual is to provide an educational genetics resource for individuals, families, and health professionals in the New York - Mid-Atlantic region and increase awareness of specialty care in genetics. The manual begins with a basic introduction to genetics concepts, followed by a description of the different types and applications of genetic tests. It also provides information about diagnosis of genetic disease, family history, newborn screening, and genetic counseling. Resources are included to assist in patient care, patient and professional education, and identification of specialty genetics services within the New York - Mid-Atlantic region. At the end of each section, a list of references is provided for additional information. Appendices can be copied for reference and offered to patients. These take-home resources are critical to helping both providers and patients understand some of the basic concepts and applications of genetics and genomics.

The genome's been mapped. But what does it mean? Arguably the most

significant scientific discovery of the new century, the mapping of the twenty-three pairs of chromosomes that make up the human genome raises almost as many questions as it answers. Questions that will profoundly impact the way we think about disease, about longevity, and about free will. Questions that will affect the rest of your life. Genome offers extraordinary insight into the ramifications of this incredible breakthrough. By picking one newly discovered gene from each pair of chromosomes and telling its story, Matt Ridley recounts the history of our species and its ancestors from the dawn of life to the brink of future medicine. From Huntington's disease to cancer, from the applications of gene therapy to the horrors of eugenics, Matt Ridley probes the scientific, philosophical, and moral issues arising as a result of the mapping of the genome. It will help you understand what this scientific milestone means for you, for your children, and for humankind.

The groundbreaking, provocative book that uses evolutionary psychology to explain human mating and the mysteries of love. If we all want love, why is there so much conflict in our most cherished relationships? To answer this question we must look into our evolutionary past, argues prominent psychologist David M. Buss. Based one of the largest studies of human mating ever undertaken, encompassing more than 10,000 people of all ages from thirty-seven cultures

worldwide, The Evolution of Desire is the first work to present a unified theory of human mating behavior. Drawing on a wide range of examples of mating behavior -- from lovebugs to elephant seals, from the Yanomamö tribe of Venezuela to online dating apps -- Buss reveals what women want, what men want, and why their desires radically differ. Love has a central place in human sexual psychology, but conflict, competition, and manipulation also pervade human mating -- something we must confront in order to control our own mating destiny. Updated to reflect the very latest scientific research on human mating, this definitive edition of this classic work of evolutionary psychology explains the powerful forces that shape our most intimate desires.

Books such as Richard Dawkins's The Selfish Gene have aroused fierce controversy by arguing for the powerful influence of genes on human behavior. But are we entirely at the mercy of our chromosomes? In Are We Hardwired?, scientists William R. Clark and Michael Grunstein say the answer is both yes--and no. The power and fascination of Are We Hardwired? lie in their explanation of that deceptively simple answer. Using eye-opening examples of genetically identical twins who, though raised in different families, have had remarkably parallel lives, the authors show that indeed roughly half of human behavior can be accounted for by DNA. But the picture is quite complicated.

Clark and Grunstein take us on a tour of modern genetics and behavioral science, revealing that few elements of behavior depend upon a single gene; complexes of genes, often across chromosomes, drive most of our heredity-based actions. To illustrate this point, they examine the genetic basis, and quirks, of individual behavioral traits--including aggression, sexuality, mental function, eating disorders, alcoholism, and drug abuse. They show that genes and environment are not opposing forces; heredity shapes how we interpret our surroundings, which in turn changes the very structure of our brain. Clearly we are not simply puppets of either influence. Perhaps most interesting, the book suggests that the source of our ability to choose, to act unexpectedly, may lie in the chaos principle: the most minute differences during activation of a single neuron may lead to utterly unpredictable actions. This masterful account of the nature-nurture controversy--at once provocative and informative--answers some of our oldest questions in unexpected new ways

From the front of the classroom to the top of the bestseller’s list, award-winning educator Jay Phelan knows how to tell the story of how scientists investigate the big questions about life. He is also a master at using biology as a springboard for developing the critical thinking skills and scientific literacy that are essential to students through college and throughout their lives.

Natural selection operates among individual organisms which differ in their genetic constitution. The degree of hereditary variability within a species is greatly enhanced by cross-fertilization. Indeed, the mechanism of sexual reproduction occurred very early in evolution, for it is seen today even in bacteria. In Escherichia coli, fertilization occurs by passage of the single chromosome from the male into the female bacterium (LEDERBERG, 1959). In multicellular organisms, the separation of germ from soma, and the production of haploid gametes became mandatory. The gametes were of two types. One, extremely mobile, was designed to seek out and penetrate the other, which loaded with nutrients, received the mobile gamete and intiated the development of a new individual. The foundation for true bisexuality was thus laid. In the primitive state of bisexuality, whether an individual is to be a sperm-producing male or an egg-producing female appears to be decided rather haphazardly. In the worm, Banelia viridis, the minute males are parasites in the female. Larvae that become attached to the proboscis of an adult female become males, while unattached larvae sink to the bottom and become females (BALTZER, 1935). The more sophisticated state of bisexuality was initiated by setting aside a particular pair of chromosomes for specialization and making either the male or the female a heterogametic sex. Sex chromosomes as we know them were thus born.

Mean GenesFrom Sex To Money To Food: Taming Our Primal InstinctsWestview Publishing

A primatologist explores the mystery of the origins of human reproduction, explaining that understanding the evolutionary past can provide insight into what worked, what didn't, and what it all means for the future of mankind.

Sex is as fascinating to scientists as it is to the rest of us. A vast pool of knowledge, therefore, has been gleaned from research into the nature of sex, from the contentious problem of why the wasteful reproductive process exists at all, to how individuals choose their mates and what traits they find attractive. This fascinating book explores those findings, and their implications for the sexual behaviour of our own species. It uses the Red Queen from ‘Alice in Wonderland’ – who has to run at full speed to stay where she is – as a metaphor for a whole range of sexual behaviours. The book was shortlisted for the 1994 Rhone-Poulenc Prize for Science Books. ‘Animals and plants evolved sex to fend off parasitic infection. Now look where it has got us. Men want BMWs, power and money in order to pair-bond with women who are blonde, youthful and narrow-waisted ... a brilliant examination of the scientific debates on the hows and whys of sex and evolution’ Independent.

An Instant NEW YORK TIMES BESTSELLER A LOS ANGELES TIMES,

BOSTON GLOBE, WALL STREET JOURNAL, and NATIONAL INDIE BESTSELLER A BEST BOOK OF THE YEAR according to Elle, Real Simple, and Kirkus Reviews “Memoir gold: a profound and exquisitely rendered exploration of identity and the true meaning of family.” —People Magazine “Beautifully written and deeply moving—it brought me to tears more than once.”—Ruth Franklin, The New York Times Book Review From the acclaimed, best-selling memoirist, novelist—“a writer of rare talent” (Cheryl Strayed)— and host of the hit podcast Family Secrets, comes a memoir about the staggering family secret uncovered by a genealogy test: an exploration of the urgent ethical questions surrounding fertility treatments and DNA testing, and a profound inquiry of paternity, identity, and love. What makes us who we are? What combination of memory, history, biology, experience, and that ineffable thing called the soul defines us? In the spring of 2016, through a genealogy website to which she had whimsically submitted her DNA for analysis, Dani Shapiro received the stunning news that her father was not her biological father. She woke up one morning and her entire history--the life she had lived--crumbled beneath her. Inheritance is a book about secrets--secrets within families, kept out of shame or self-protectiveness; secrets we keep from one another in the name of love. It is the story of a woman's urgent quest to unlock the story of her own

identity, a story that has been scrupulously hidden from her for more than fifty years, years she had spent writing brilliantly, and compulsively, on themes of identity and family history. It is a book about the extraordinary moment we live in--a moment in which science and technology have outpaced not only medical ethics but also the capacities of the human heart to contend with the consequences of what we discover.

In this stunningly original book, Richard Wrangham argues that it was cooking that caused the extraordinary transformation of our ancestors from apelike beings to Homo erectus. At the heart of Catching Fire lies an explosive new idea: the habit of eating cooked rather than raw food permitted the digestive tract to shrink and the human brain to grow, helped structure human society, and created the male-female division of labour. As our ancestors adapted to using fire, humans emerged as "the cooking apes". Covering everything from food-labelling and overweight pets to raw-food faddists, Catching Fire offers a startlingly original argument about how we came to be the social, intelligent, and sexual species we are today. "This notion is surprising, fresh and, in the hands of Richard Wrangham, utterly persuasive ... Big, new ideas do not come along often in evolution these days, but this is one." -Matt Ridley, author of Genome

What happens when we let robots play the game of life? The challenge of

studying evolution is that the history of life is buried in the past—we can't witness the dramatic events that shaped the adaptations we see today. But biorobotics expert John Long has found an ingenious way to overcome this problem: he creates robots that look and behave like extinct animals, subjects them to evolutionary pressures, lets them compete for mates and resources, and mutates their 'genes'. In short, he lets robots play the game of life. In Darwin's Devices, Long tells the story of these evolving biorobots—how they came to be, and what they can teach us about the biology of living and extinct species. Evolving biorobots can replicate creatures that disappeared from the earth long ago, showing us in real time what happens in the face of unexpected environmental challenges. Biomechanically correct models of backbones functioning as part of an autonomous robot, for example, can help us understand why the first vertebrates evolved them. But the most impressive feature of these robots, as Long shows, is their ability to illustrate the power of evolution to solve difficult technological challenges autonomously—without human input regarding what a workable solution might be. Even a simple robot can create complex behavior, often learning or evolving greater intelligence than humans could possibly program. This remarkable idea could forever alter the face of engineering, design, and even warfare. An amazing tour through the workings of a fertile mind,

Darwin's Devices will make you rethink everything you thought you knew about evolution, robot intelligence, and life itself.

How did the replication bomb we call "life" begin and where in the world, or rather, in the universe, is it heading? Writing with characteristic wit and an ability to clarify complex phenomena (the New York Times described his style as "the sort of science writing that makes the reader feel like a genius"), Richard Dawkins confronts this ancient mystery.

A provocative and timely case for how the science of genetics can help create a more just and equal society In recent years, scientists like Kathryn Paige Harden have shown that DNA makes us different, in our personalities and in our health—and in ways that matter for educational and economic success in our current society. In The Genetic Lottery, Harden introduces readers to the latest genetic science, dismantling dangerous ideas about racial superiority and challenging us to grapple with what equality really means in a world where people are born different. Weaving together personal stories with scientific evidence, Harden shows why our refusal to recognize the power of DNA perpetuates the myth of meritocracy, and argues that we must acknowledge the role of genetic luck if we are ever to create a fair society. Reclaiming genetic science from the legacy of eugenics, this groundbreaking book offers a bold new

vision of society where everyone thrives, regardless of how one fares in the genetic lottery.

Looks at the biology of gender, including such topics as male and female brains, sex differences in emotions, sexual orientation, hormones, and social roles

Mixing documents, interviews, fiction, theory, poetry, psychiatry and anthropology, "Polysexuality" became the encyclopedia sexualis of a continent that is still emerging. Originally conceived as a special Semiotext(e) issue on homosexuality at the end of the 70s, “Polysexuality" quickly evolved into a more complex and iconoclastic project whose intent was to do away with recognized genders altogether, considered far too limitative. The project landed somewhere between humor, anarchy, science-fiction, utopia and apocalypse. In the few years that it took to put it together, it also evolved from a joyous schizo concept to a darker, neo-Lacanian elaboration on the impossibility of sexuality. The tension between the two, occasionally perceptible, is the theoretical subtext of the issue. Upping the ante on gender distinctions, "Polysexuality" started by blowing wide open all sexual classifications, inventing unheard-of categories, regrouping singular features into often original configurations, like Corporate Sex, Alimentary Sex, Soft or Violent Sex, Discursive Sex, Self- Sex, Animal Sex, Child Sex, Morbid Sex, or Sex of the Gaze. Mixing documents, interviews, fiction, theory, poetry, psychiatry and anthropology, "Polysexuality" became the encyclopedia sexualis of a continent that is still emerging. What it displayed in all its forms could be called, broadly speaking, the Sexuality of Capital. (Actually the issue being rather hot, it was decided to cool it off somewhat by only using “capitals” throughout the issue. It was also the first issue for which

we used the computer). The "Polysexuality" issue was attacked in Congress for its alleged advocation of animal sex. Includes work by Alain Robbe-Grillet, Félix Guattari, Paul Verlaine, William S. Burroughs, Georges Bataille, Pierre Klossowski, Roland Barthes, Paul Virilio, Peter Lamborn Wilson, and more.

Flowers evolved to attract pollinators, so new generations of plant can form. But how do plants know when to bloom, and how do they construct their flowers? This book describes what we have learnt of the astonishing genetic and epigenetic processes behind the dazzling variety of flower shapes, colours, and scents.--

A provocative and thoroughly researched inquiry into what we find beautiful and why, skewering the myth that the pursuit of beauty is a learned behavior. In Survival of the Prettiest, Nancy Etcoff, a faculty member at Harvard Medical School and a practicing psychologist at Massachusetts General Hospital, argues that beauty is neither a cultural construction, an invention of the fashion industry, nor a backlash against feminism—it's in our biology. Beauty, she explains, is an essential and ineradicable part of human nature that is revered and ferociously pursued in nearly every civilization—and for good reason. Those features to which we are most attracted are often signals of fertility and fecundity. When seen in the context of a Darwinian struggle for survival, our sometimes extreme attempts to attain beauty—both to become beautiful ourselves and to acquire an attractive partner—suddenly become much more understandable. Moreover, if we understand how the desire for beauty is innate, then we can begin to work in our own interests, and not just the interests of our genetic tendencies.

The authors explore the question of whether our sexual orientation is inherited or if it is a product of our upbringing and/or environment. Many people think gays are born that way, and

few understand enough about genetics and human biology to mount a thorough defense of the facts. My Genes Made Me Do It explains the role of genetics and biology in human behavior with a particular, though not exclusive, emphasis on homosexuality. Conventional scientific method and research findings are brought together in a fresh, original way to argue that no human behaviors are biologically determined.

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.
From the front of the classroom to the top of the bestseller's list, award-winning educator Jay Phelan knows how to tell the story of how scientists investigate the big questions about life. He is also a master at using biology as a springboard for developing the critical thinking skills and scientific literacy that are essential to students through college and throughout their lives. Phelan's dynamic approach to teaching biology is the driving force behind What Is Life?—the most successful new non-majors biology textbook of the millennium. The rigorously updated new edition brings forward the features that made the book a classroom favorite (chapters anchored to intriguing questions about life, spectacular original illustrations, innovative learning tools) with new features, enhanced art, and full integration with its own dedicated version of LaunchPad—W.H. Freeman's breakthrough online course space, which fully integrates an interactive e-Book, all student media, a wide range of assessment and course management features, in a new interface in which power and simplicity go hand in hand.
Why are people getting fatter? Why do so many rock stars end up dead at 27? Is there any hope of curbing population growth, rampant consumerism and the environmental devastation they wreak? Evolutionary biologist Rob Brooks argues that the origins of these twenty-first century problems can be found where the ancient forces of evolution collide with modern

culture and economics. In Sex, Genes and Rock n Roll Brooks explores a tasting platter of topics, from the frivolous to the tragic falling in love, making music, our obsession with rock n roll, sexual conflict, fertility, obesity, consumption, ageing and more illustrating how evolution stands alongside economics, anthropology, psychology and political science in shaping our world.

David Reich describes how the revolution in the ability to sequence ancient DNA has changed our understanding of the deep human past. This book tells the emerging story of our often surprising ancestry - the extraordinary ancient migrations and mixtures of populations that have made us who we are.

Short, sassy, and bold, Mean Genes uses a Darwinian lens to examine the issues that most deeply affect our lives: body image, money, addiction, violence, and the endless search for happiness, love, and fidelity. But Burnham and Phelan don't simply describe the connections between our genes and our behavior; they also outline steps that we can take to tame our primal instincts and so improve the quality of our lives. Why do we want (and do) so many things that are bad for us? We vow to lose those extra five pounds, put more money in the bank, and mend neglected relationships, but our attempts often end in failure. Mean Genes reveals that struggles for self-improvement are, in fact, battles against our own genes -- genes that helped our cavewoman and caveman ancestors flourish but that are selfish and out of place in the modern world. Why do we like junk food more than fruit? Why is the road to romance so rocky? Why is happiness so elusive? What drives us into debt? An investigation into the biological

nature of temptation and the struggle for control, Mean Genes answers these and other fundamental questions about human nature while giving us an edge to lead more satisfying lives.

The million copy international bestseller, critically acclaimed and translated into over 25 languages. As influential today as when it was first published, The Selfish Gene has become a classic exposition of evolutionary thought. Professor Dawkins articulates a gene's eye view of evolution - a view giving centre stage to these persistent units of information, and in which organisms can be seen as vehicles for their replication. This imaginative, powerful, and stylistically brilliant work not only brought the insights of Neo-Darwinism to a wide audience, but galvanized the biology community, generating much debate and stimulating whole new areas of research. Forty years later, its insights remain as relevant today as on the day it was published. This 40th anniversary edition includes a new epilogue from the author discussing the continuing relevance of these ideas in evolutionary biology today, as well as the original prefaces and foreword, and extracts from early reviews. Oxford Landmark Science books are 'must-read' classics of modern science writing which have crystallized big ideas, and shaped the way we think.

Why are you attracted to a certain "type?" Why are you a morning person? Why do you vote the way you do? From a witty new voice in popular science comes a clever, life-changing look at what makes you you. "I can't believe I just said that." "What possessed me to do that?" "What's wrong with me?" We're constantly seeking answers to these

fundamental human questions, and now, science has the answers. The foods we enjoy, the people we love, the emotions we feel, and the beliefs we hold can all be traced back to our DNA, germs, and environment. This witty, colloquial book is popular science at its best, describing in everyday language how genetics, epigenetics, microbiology, and psychology work together to influence our personality and actions. Mixing cutting-edge research and relatable humor, Pleased to Meet Me is filled with fascinating insights that shine a light on who we really are--and how we might become our best selves.

“With . . . evidence from recent genetic and anthropological research, [Zuk] offers a dose of paleoreality.”—Erin Wayman, Science News We evolved to eat berries rather than bagels, to live in mud huts rather than condos, to sprint barefoot rather than play football—or did we? Are our bodies and brains truly at odds with modern life? Although it may seem as though we have barely had time to shed our hunter-gatherer legacy, biologist Marlene Zuk reveals that the story is not so simple. Popular theories about how our ancestors lived—and why we should emulate them—are often based on speculation, not scientific evidence. Armed with a razor-sharp wit and brilliant, eye-opening research, Zuk takes us to the cutting edge of biology to show that evolution can work much faster than was previously realized, meaning that we are not biologically the same as our caveman ancestors. Contrary to what the glossy magazines would have us believe, we do not enjoy potato chips because they crunch just like the insects

our forebears snacked on. And women don't go into shoe-shopping frenzies because their prehistoric foremothers gathered resources for their clans. As Zuk compellingly argues, such beliefs incorrectly assume that we're stuck—finished evolving—and have been for tens of thousands of years. She draws on fascinating evidence that examines everything from adults' ability to drink milk to the texture of our ear wax to show that we've actually never stopped evolving. Our nostalgic visions of an ideal evolutionary past in which we ate, lived, and reproduced as we were "meant to" fail to recognize that we were never perfectly suited to our environment. Evolution is about change, and every organism is full of trade-offs. From debunking the caveman diet to unraveling gender stereotypes, Zuk delivers an engrossing analysis of widespread paleofantasies and the scientific evidence that undermines them, all the while broadening our understanding of our origins and what they can really tell us about our present and our future.

Raising hopes for disease treatment and prevention, but also the specter of discrimination and "designer genes," genetic testing is potentially one of the most socially explosive developments of our time. This book presents a current assessment of this rapidly evolving field, offering principles for actions and research and recommendations on key issues in genetic testing and screening. Advantages of early genetic knowledge are balanced with issues associated with such knowledge: availability of treatment, privacy and discrimination, personal decisionmaking, public

health objectives, cost, and more. Among the important issues covered: Quality control in genetic testing. Appropriate roles for public agencies, private health practitioners, and laboratories. Value-neutral education and counseling for persons considering testing. Use of test results in insurance, employment, and other settings.

"A dazzlingly erudite synthesis of history, philosophy, anthropology, genetics, sociology, economics, epidemiology, statistics, and more" (Frank Bruni, The New York Times), Blueprint shows why evolution has placed us on a humane path -- and how we are united by our common humanity. For too long, scientists have focused on the dark side of our biological heritage: our capacity for aggression, cruelty, prejudice, and self-interest. But natural selection has given us a suite of beneficial social features, including our capacity for love, friendship, cooperation, and learning. Beneath all of our inventions -- our tools, farms, machines, cities, nations -- we carry with us innate proclivities to make a good society. In Blueprint, Nicholas A. Christakis introduces the compelling idea that our genes affect not only our bodies and behaviors, but also the ways in which we make societies, ones that are surprisingly similar worldwide. With many vivid examples -- including diverse historical and contemporary cultures, communities formed in the wake of shipwrecks, commune dwellers seeking utopia, online groups thrown together by design or involving artificially intelligent bots, and even the tender and complex social arrangements of elephants and dolphins that so resemble our own -- Christakis shows that, despite a human history replete with

violence, we cannot escape our social blueprint for goodness. In a world of increasing political and economic polarization, it's tempting to ignore the positive role of our evolutionary past. But by exploring the ancient roots of goodness in civilization, Blueprint shows that our genes have shaped societies for our welfare and that, in a feedback loop stretching back many thousands of years, societies are still shaping our genes today.

This book focuses on the subject of the development of masculinity and femininity. It shows that the perverse scene aims not only at denying castration, but also at securing a more solid basis for a jeopardized sexual identity.

Examines the importance of cooperation in human beings and in nature, arguing that this social tool is as an important aspect of evolution as mutation and natural selection.

It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. Exploring the Biological Contributions to Human Health begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). Exploring the Biological Contributions to Human Health discusses basic biochemical differences in the cells of males

and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. Exploring the Biological Contributions to Human Health will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

Why do we want—and why do we do—so many things that are bad for us? And how can we stop? In Mean Genes economist Terry Burnham and biologist Jay Phelan offer advice on how to conquer our own worst enemy—our survival-minded genes. Having evolved in a time of scarcity, when our ancestors struggled to survive in the wild, our genes are poorly adapted to the convenience of modern society. They compel us to overeat, spend our whole paycheck, and cheat on our spouses. But knowing how they work, Burnham and Phelan show that we can trick these "mean genes" into submission and cultivate behaviors that will help us lead better lives. A lively, humorous guide to our evolutionary heritage, Mean Genes illuminates how we can use an understanding of our biology to beat our instincts—before they beat us.

In this book, a geneticist who studies identical twins “treats the view that genes are destiny with skepticism” (The New York Times). How much are the things you choose to do every day determined by your genes and how much is your own free will? Drawing on his own cutting-edge research of identical twins, leading geneticist Tim Spector shows us how the same upbringing, the same environment, and even the same exact genes can lead to very different outcomes. Thought-provoking, entertaining, and enlightening, Identically Different helps us understand the science behind what makes each of us unique and so quintessentially human.

An ethologist shows man to be a gene machine whose world is one of savage competition and

deceit

Argues that children's development is influenced primarily by their peers--other children--rather than by their parents

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.

In The Selfish Gene, Richard Dawkins crystallized the gene's eye view of evolution developed by W.D. Hamilton and others. The book provoked widespread and heated debate. Written in part as a response, The Extended Phenotype gave a deeper clarification of the central concept of the gene as the unit of selection; but it did much more besides. In it, Dawkins extended the gene's eye view to argue that the genes that sit within an organism have an influence that reaches out beyond the visible traits in that body - the phenotype - to the wider environment, which can include other individuals. So, for instance, the genes of the beaver drive it to gather twigs to produce the substantial physical structure of a dam; and the genes of the cuckoo chick produce effects that manipulate the behaviour of the host bird, making it nurture the intruder as one of its own. This notion of the extended phenotype has proved to be highly influential in the way we understand evolution and the natural world. It represents a key scientific contribution to evolutionary biology, and it continues to play an important role in research in the life sciences. The Extended Phenotype is a conceptually deep book that forms important reading for biologists and students. But Dawkins' clear exposition is accessible to all who are prepared to put in a little effort. Oxford Landmark Science books are 'must-read' classics of modern science writing which have crystallized big ideas, and shaped the way we think.

The #1 NEW YORK TIMES Bestseller The basis for the PBS Ken Burns Documentary The

Gene: An Intimate History From the Pulitzer Prize–winning author of The Emperor of All Maladies—a fascinating history of the gene and “a magisterial account of how human minds have laboriously, ingeniously picked apart what makes us tick” (Elle). "Sid Mukherjee has the uncanny ability to bring together science, history, and the future in a way that is understandable and riveting, guiding us through both time and the mystery of life itself." –Ken Burns “Dr. Siddhartha Mukherjee dazzled readers with his Pulitzer Prize-winning The Emperor of All Maladies in 2010. That achievement was evidently just a warm-up for his virtuoso performance in The Gene: An Intimate History, in which he braids science, history, and memoir into an epic with all the range and biblical thunder of Paradise Lost” (The New York Times). In this biography Mukherjee brings to life the quest to understand human heredity and its surprising influence on our lives, personalities, identities, fates, and choices. “Mukherjee expresses abstract intellectual ideas through emotional stories…[and] swaddles his medical rigor with rhapsodic tenderness, surprising vulnerability, and occasional flashes of pure poetry” (The Washington Post). Throughout, the story of Mukherjee’s own family—with its tragic and bewildering history of mental illness—reminds us of the questions that hang over our ability to translate the science of genetics from the laboratory to the real world. In riveting and dramatic prose, he describes the centuries of research and experimentation—from Aristotle and Pythagoras to Mendel and Darwin, from Boveri and Morgan to Crick, Watson and Franklin, all the way through the revolutionary twenty-first century innovators who mapped the human genome. “A fascinating and often sobering history of how humans came to understand the roles of genes in making us who we are—and what our manipulation of those genes might mean for our future” (Milwaukee Journal-Sentinel), The Gene is the revelatory and magisterial

history of a scientific idea coming to life, the most crucial science of our time, intimately explained by a master. “The Gene is a book we all should read” (USA TODAY).