

Using Science To See Our Species As We Really Are

In his groundbreaking book, *Using Science To See Our Species As We Really Are*, Dr. Herman Pontzer invites us to see our species as we really are—a social species that evolved in a hunter-gatherer world. By understanding our evolutionary history, we can better understand ourselves and the challenges we face today.



Through a Glass Brightly: Using Science to See Our Species as We Really Are by David P. Barash

★★★★☆ 4.4 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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Lending : Enabled



Dr. Pontzer is a professor of evolutionary anthropology at Duke University. He has spent his career studying the evolution of human behavior, and his work has been featured in the *New York Times*, the *Wall Street Journal*, and the *BBC*.

In *Using Science To See Our Species As We Really Are*, Dr. Pontzer argues that we have a fundamental misunderstanding of human nature. We

think of ourselves as rational, independent creatures, but we are actually social animals who evolved to live in close-knit communities.

This misunderstanding has led to a number of problems in our society, including:

- **Loneliness and isolation**
- **Chronic stress**
- **Obesity and other health problems**
- **Political polarization**

Dr. Pontzer offers a new way of thinking about human nature that is based on the latest scientific research. He shows that we are not the selfish, competitive creatures that we are often portrayed to be. Instead, we are cooperative, social beings who are capable of great love and compassion.

Using Science To See Our Species As We Really Are is a must-read for anyone who wants to understand themselves and the world around them. It is a groundbreaking book that will change the way we think about human nature.

Here is a preview of the book:

"We are not the selfish, competitive creatures that we are often portrayed to be. Instead, we are cooperative, social beings who are capable of great love and compassion."

"The key to understanding human nature is to understand our evolutionary history. We evolved in a hunter-gatherer world, and our bodies and minds

are still adapted to that way of life."

"When we understand our evolutionary history, we can better understand ourselves and the challenges we face today. We can also develop more effective solutions to these challenges."

Using Science To See Our Species As We Really Are is a groundbreaking book that will change the way we think about human nature. It is a must-read for anyone who wants to understand themselves and the world around them.

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