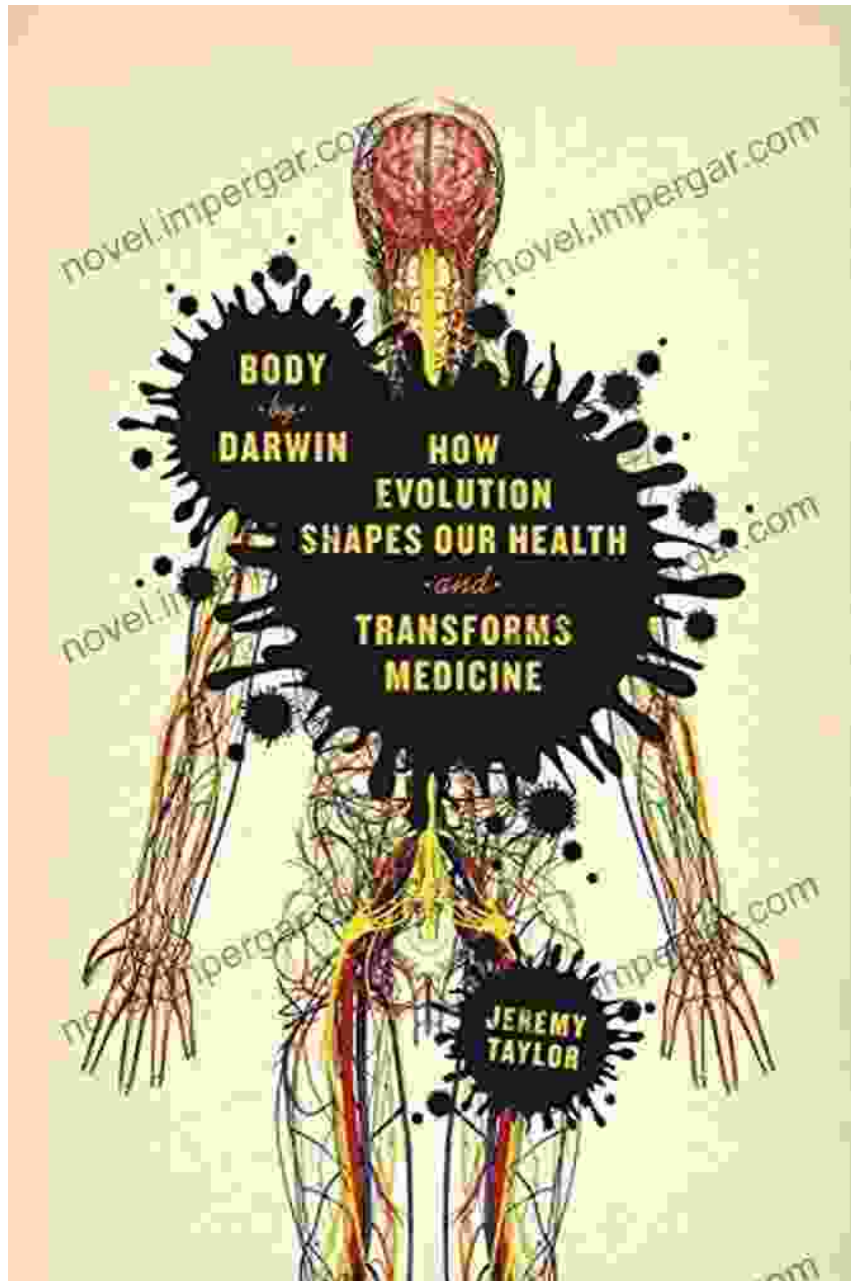
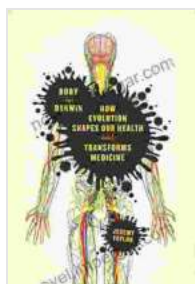


How Evolution Shapes Our Health and Transforms Medicine: A Revolutionary Look at the Human Body



By Daniel E. Lieberman and Carl Zimmer

In this groundbreaking book, renowned evolutionary biologist Daniel E. Lieberman and his co-author, award-winning science writer Carl Zimmer, reveal how our evolutionary history shapes our present-day health and shows how modern medicine can be transformed by recognizing the evolutionary forces that have shaped us.



Body by Darwin: How Evolution Shapes Our Health and Transforms Medicine by Roy Sutherland

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1595 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 261 pages
Lending	: Enabled
Hardcover	: 172 pages
Item Weight	: 14.7 ounces
Dimensions	: 6.14 x 0.44 x 9.21 inches



The human body is a marvel of evolution, but it is also a product of our evolutionary past. The diseases and ailments that we face today are often the result of mismatches between our genes and our environment. For example, our bodies are designed to store fat for times of famine, but in today's world of abundant food, this can lead to obesity and heart disease.

Lieberman and Zimmer argue that we need to understand our evolutionary history in Free Download to understand our health. By ng so, we can

develop new treatments and therapies that are more effective and less invasive.

How Evolution Shapes Our Health and Transforms Medicine is a fascinating and informative book that will change the way you think about your body and your health. It is a must-read for anyone interested in evolution, health, or medicine.

Praise for How Evolution Shapes Our Health and Transforms Medicine

"A brilliant and groundbreaking book that will change the way we think about our health and the future of medicine."—Siddhartha Mukherjee, author of *The Emperor of All Maladies*

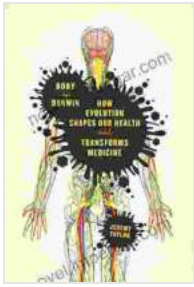
"Fascinating and thought-provoking, this book is a must-read for anyone interested in the human body and its connection to our evolutionary past."—Bill Bryson, author of *A Short History of Nearly Everything*

"A groundbreaking work that will revolutionize the way we think about health and disease."—E. O. Wilson, author of *Half-Earth*

About the Authors

Daniel E. Lieberman is a professor of evolutionary biology at Harvard University. He is the author of several books, including *The Evolution of the Human Hand* and *Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding*.

Carl Zimmer is an award-winning science writer and the author of several books, including *Evolution: The Triumph of an Idea* and *A Planet of Viruses*.



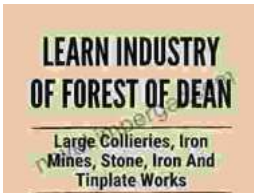
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