



Darwinian Happiness, 2nd Edition

Bjorn Grinde

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To be a Stone Age creature in a Jet Age zoo tends to cause problems. The list of consequences are numerous from depression and suicide to obesity, drug use, insomnia, loneliness, violence, and wars to mention only a few of the diseases of civilization. Are we prisoners of an environment that is at odds with the way evolution has shaped us, and if so, can we do anything about it? Can we use our knowledge of human nature to offer people more appropriate conditions of living, and at the same time create a more peaceful world? The author is convinced that present insight into the nature of being human can help us make better choices. There is actually a growing interest in applying the biological/evolutionary perspective to medical and social sciences, as exemplified by concepts such as Darwinian Medicine and Evolutionary Psychology. While the former focuses on the prevention of diseases, Darwinian Happiness is about utilizing this perspective to improve well-being in general. Our great feats of engineering, from building the pyramids to sending a man to the moon, have been the easy tasks; the real challenge in shaping the future of Planet Earth lies in dealing with human nature. We have the power to turn our planet into a living nightmare and a biological refuse dump, but it is also within our capacity to create conditions of living better than those we ever had. The principle of Darwinian Happiness is meant to offer a guide for living that not only benefits the individual and should thus be coveted but also works for the benefit of the society and our planet. Darwinian Happiness is written for a general audience as well as for professionals interested particularly in evolutionary psychology, behavioral biology, sociobiology, and happiness studies. It should also be read by politicians.

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Maria Jennings:

Precisely why? Because this Darwinian Happiness, 2nd Edition is an unordinary book that the inside of the guide waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book next to it was fantastic author who all write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your proficiency and your critical thinking way. So , still want to postpone having that book? If I were you I will go to the publication store hurriedly.

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