

# How Culture Is Driving Human Evolution: Domesticating Our Species And Making Us

By Daniel Lieberman



## The Secret of Our Success: How Culture Is Driving Human Evolution, Domesticating Our Species, and Making Us Smarter by Joseph Henrich

★★★★☆ 4.7 out of 5

Language : English  
File size : 20078 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 456 pages



Culture is one of the most defining characteristics of our species. It is what sets us apart from all other animals, and it has played a major role in our evolution. In his new book, *How Culture Is Driving Human Evolution: Domesticating Our Species And Making Us*, Daniel Lieberman argues that culture is not simply a product of our genes, but rather a powerful force that is shaping our very biology.

Lieberman begins by tracing the history of human evolution, from our origins as tree-dwelling primates to our current status as the dominant species on the planet. He shows how culture has been a key factor in our

success, allowing us to adapt to a wide range of environments and to develop complex social structures.

Lieberman then examines the ways in which culture is affecting our biology today. He shows how our diet, our sleep patterns, and even our immune systems are being shaped by our cultural practices. He also discusses the ways in which culture is affecting our mental and emotional health.

Lieberman argues that culture is a double-edged sword. It can be a force for good, but it can also be a source of harm. He warns that we need to be aware of the potential dangers of culture and to use it wisely.

## **Review**

*"How Culture Is Driving Human Evolution* is a fascinating and thought-provoking book. Lieberman provides a wealth of evidence to support his argument that culture is a powerful force that is shaping our biology. This book is a must-read for anyone who is interested in human evolution or the future of our species."

**- Sarah Blaffer Hrdy, author of *Mothers and Others: The Evolutionary Origins of Mutual Understanding***

"Daniel Lieberman has written a brilliant and important book. *How Culture Is Driving Human Evolution* is a must-read for anyone who wants to understand the human condition. Lieberman's insights into the relationship between culture and biology are profound and his writing is clear and engaging. This book is a major contribution to our understanding of ourselves."

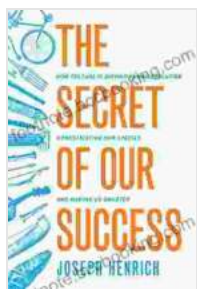
- Steven Pinker, author of *The Blank Slate: The Modern Denial of Human Nature*

## About the Author

Daniel Lieberman is a professor of human evolutionary biology at Harvard University. He is the author of several books, including *The Story of the Human Body* and *The Evolution of the Human Diet*. He is a regular contributor to *The New York Times* and *The Atlantic*.

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