

Our Inner Ape: The Best And Worst Of Human Nature

Better than happiness, positivity will boost your life, not just your smile Drawing on more than twenty years of scientific research into positive emotions, world renowned researcher Dr Barbara Fredrickson shows us that attaining positivity is not about striving to be an annoyingly and unnaturally cheerful 'Pollyanna'. Rather, it is about putting into practice the '3-to-1 ratio' of positive to negative emotions, the crucial tipping point that will enable you to embark on an 'upward spiral' towards a healthier, more vibrant, and flourishing life.

In 1987, the University of Chicago Press published Primate Societies, the standard reference in the field of primate behavior for an entire generation of students and scientists. But in the twenty-five years since its publication, new theories and research techniques for studying the Primate order have been developed, debated, and tested, forcing scientists to revise their understanding of our closest living relatives. Intended as a sequel to Primate Societies, The Evolution of Primate Societies compiles thirty-one chapters that review the current state of knowledge regarding the behavior of nonhuman primates. Chapters are written by the leading authorities in the field and organized around four major adaptive problems primates face as they strive to grow, maintain themselves, and reproduce in the wild. The inclusion of chapters on the behavior of humans at the end of each major section represents one particularly novel aspect of the book, and it will remind readers what we can learn about ourselves through research on nonhuman primates. The final section highlights some of the innovative and cutting-edge research designed to reveal the similarities and differences between nonhuman and human primate cognition. The Evolution of Primate Societies will be every bit the landmark publication its predecessor has been.

“Meaty, well-written.” –Kirkus Reviews
“Timely and informative.” –The New York Times Book Review
“By far the best book I have ever read on humanity’s deep history.” —E. O. Wilson, biologist and author of The Ants and On Human Nature
Nicholas Wade’s articles are a major reason why the science section has become the most popular, nationwide, in the New York Times. In his groundbreaking Before the Dawn, Wade reveals humanity’s origins as never before—a journey made possible only recently by genetic science, whose incredible findings have answered such questions as: What was the first human language like? How large were the first societies, and how warlike were they? When did our ancestors first leave Africa, and by what route did they leave? By eloquently solving these and numerous other mysteries, Wade offers nothing less than a uniquely complete retelling of a story that began 500 centuries ago.

Our Inner ApeThe Best and Worst of Human NatureGranta

Inner and Outer Success is a self-help book that teaches the best of conventional self-help techniques while incorporating meditative techniques and Psychic Anatomy Exercises. The meditative techniques and Psychic Anatomy Exercises help empower healthy psychic energies within us, which causes a detox of unhealthy psychic energies associated with our inner issues (ex. unhealthy emotions and thoughts). This book focuses on empowering you in several ways that causes the healing (neutralizing) of inner issues to happen spontaneously and often effortlessly. This and related psychic energy phenomenon are being explored in several sub-fields of psychology and medicine. Techniques for self-exploration, improving self-awareness, living simply, managing relationships, managing ourselves and enhancing our physical health are also discussed in regards to conventional self-help techniques and psychic energies. The potential of psychic energies to enhance our health and performance has been known since the beginning of recorded time, but only recently has it been met with academic research, resulting in incredible advancements on how we can use them. Brett A. Rogers has been diligently studying and practicing psychic energy arts since 1995. He has written several books on these subjects, which have contributed greatly to the information presented in this one.

A renowned primatologist argues that ethical behavior witnessed in animals is the evolutionary and biological origin of human fairness and explains that morality has more to do with natural instincts than with religion. 30,000 first printing.

In a spaceship that can travel at the speed of light, Ulysse, a journalist, sets off from Earth for the nearest solar system. He finds there a planet which resembles his own, but on Soror humans behave like animals, and are hunted by a civilised race of primates. Captured and sent to a research facility, Ulysse must convince the apes of their mutual origins. But such revelations will have always been greeted by prejudice and fear...

The Medusa and the Snail
A Leading Primatologist Explains Why We Are Who We Are
How Its Use Shapes the Brain, Language, and Human Culture
The Seven-Million-Year Story of How and Why We Survived
Primate Diversity
The Hand
The Best and Worst of Human Nature
The Evolution of Primate Societies
Being Human Is Overrated
Zandrael
Animal Emotions and What They Teach Us about Ourselves
Recognizing and Living Your Life's Fullest Potential
More Notes of a Biology Watcher

With so much conflict and uncertainty in the world, it's time for Zandrael to step in... Andrea is quiet and does her best to stay under the radar. When she finds out who she really is, it's no longer an option. As she struggles with issues alive in our world today, she learns what it really means to be human. Then she has to decide, will she help save the humans, or save the earth from humankind? Zandrael: Being Human Is Overrated is an incredibly thought-provoking and exhilarating story, one that will make you question everything you thought you knew about being human. "Introverts and dreamers of all kinds will be able to relate to Andrea. She's bored, feels like a misfit, and would rather observe than perform. But she relishes the world of her dreams, teeming with life and colors more vivid than her waking eyes know. If you've ever longed to step over the threshold into that richer inner world, follow Andrea to the realm of ZANDRAEL. Discover how a misfit fits when her true identity and purpose is revealed." -Laurie Helgoe, PhD, author of Introvert Power: Why Your Inner Life Is Your Hidden Strength

Over the past 150 years scientists have discovered evidence that at least twenty-seven species of humans evolved on planet Earth. These weren't simply variations on apes, but upright-walking humans who lived side by side, competing, cooperating, sometimes even mating with our direct ancestors. Why did the line of ancient humans who eventually evolved into us survive when the others were shown the evolutionary door? Chip Walter draws on new scientific discoveries to tell the fascinating tale of how our survival was linked to our ancestors being born more prematurely than others, having uniquely long and rich childhoods, evoking a new kind of mind that made us resourceful and emotionally complex; how our highly social nature increased our odds of survival; and why we became self aware in ways that no other animal seems to be. Last Ape Standing also profiles the mysterious "others" who evolved with us-the Neanderthals of Europe, the "Hobbits" of Indonesia, the Denisovans of Siberia and the just-discovered Red Deer Cave people of China who died off a mere eleven thousand years ago. Last Ape Standing is evocative science writing at its best-a witty, engaging and accessible story that explores the evolutionary events that molded us into the remarkably unique creatures we are; an investigation of why we do, feel, and think the things we do as a species, and as people-good and bad, ingenious and cunning, heroic and conflicted.

How language evolved has been called "the hardest problem in science." In Adam's Tongue, Derek Bickerton—long a leading authority in this field—shows how and why previous attempts to solve that problem have fallen short. Taking cues from apes as diverse as the foraging strategies of ants, the distribution of large prehistoric herbivores, and the construction of ecological niches, Bickerton produces a dazzling new alternative to the conventional wisdom. Language is unique to humans, but it isn't the only thing that sets us apart from other species—our cognitive powers are qualitatively different. So could there be two separate discontinuities between humans and the rest of nature? No, says Bickerton; he shows how the mere possession of symbolic units—words—automatically opened a new and different cognitive universe, one that yielded novel innovations ranging from barbed arrowheads to the Apollo spacecraft. Written in Bickerton's lucid and irreverent style, this book is the first that thoroughly integrates the story of how language evolved with the story of how humans evolved. Sure to be controversial, it will make indispensable reading both for experts in the field and for every reader who has ever wondered how a species as remarkable as ours could have come into existence.

Mama's Last Hug opens with the moving farewell between Mama, a dying chimpanzee matriarch, and her human friend, a professor who inspired the author's work. Their parting, the video of which has been watched by millions online, is not only a window into the deep bonds they shared, but into the remarkable emotional capacities of animals. In this groundbreaking and entertaining book, primatologist Frans de Waal draws on his renowned studies of the social and emotional lives of chimpanzees, bonobos and other primates, and personal encounters with many other species, to illuminate new ideas and findings about animal emotions: joy, grief, shame, love, pain and happiness. Exploring the facial expressions of humans, human and animal politics, and animal consciousness, de Waal illustrates how profoundly we have underestimated animals' emotional experiences. He argues that emotions occupy a far more significant place in the way we organise our societies than a more rationalist approach would advocate. His radical proposal is that emotions are like organs: humans haven't a single organ that other animals don't have, and the same can be said of our emotions.

This is a "Whole Earth Catalog" for the 21st century: an impressive and wide-ranging analysis of what's wrong with our societies, organizations, ideologies, worldviews and cultures – and how to put them right. The book covers the finance system, agriculture, design, ecology, economy, sustainability, organizations and society at large.

Primatologist Frans de Waal and wildlife photographer Frans Lanting present the most up-to-date perspective available on the bonobo, the least known of the great apes. 75 color plates.

"An incredibly powerful mind management model that can help a person become happier, more confident, and a healthier more successful person"--Cover.

How the Mind and Culture Evolve

Humans in Space (Big Ideas: Low Intermediate)

Tree of Origin

Nature's Lessons for a Kinder Society

Power and Sex among Apes

Mapping Human History

Gender Through the Eyes of a Primatologist

Your Inner Fish

A Journey Into the 3.5-Billion-Year History of the Human Body

The Ape Within Us

Taming Your Inner Monkey

Different

Chimpanzee Politics

Primate Diversity successfully synthesizes a thorough look at current primatology research while providing a careful examination of a variety of species.

Kanzi the chimp, Koko the ape, singing whales, trumpeting elephants, and dolphins trained for naval service—all of them make the news each year. Members of these species learn to communicate both with their voices and with body language, and without the signals they develop, each would be an island, unable to survive on Earth. How much do we know about how animals communicate with each other or with humans? Scientific American Focus: The Language of Animals examines the sometimes subtle differences between the nature of communication and what we call "language" or "intelligence." We explore how scientists study animal communication, and we learn about various species and their ways of "talking" and passing on their own "cultural" patterns. From dancing bees and chirping crickets to schooling fish and flocking birds; from birdsong to whale song to the language of our closest relatives in the animal kingdom—the chimpanzees—these overviews of thoroughly detailed case studies are a window to understanding the constant chatter and movement of the animal kingdom.

The Animals Know It is a book designed to remind children of their empowered state of being. Complete with wisdom from the animals—and bright, colourful images and colouring sheets to trigger the imagination—this book will entertain and delight. "Focus on your heart, listen to your body and act with love. The animals remember this, it is why they are almost always kind and patient. Animals enjoy everything they do, they remind you to be in the mystery of the moment. The animals know it is wise and right to follow your dreams and fly." The Animals Know It also includes the very special 'I AM A Butterfly' workshop plan for families to enjoy together and I AM NOT a Caterpillar' bonus sections to bring an unforgettable message of personal intuition, awareness of spirit and connection to the world around them. Praise for The Animals Know It "I love this book because it makes me feel SUPER. I also really, really really love yellow dogs, polar bears and unicorns!" -Amora, age 7 "I liked the pictures, especially the baby seal. I also liked the peacock, the baby birds and the butterfly. It was a very good book!" -Helani, age 10 "A Frank

"A startling argument . . . provocative . . . absorbing." --The Boston Globe
"Ambitious . . . arresting . . . celebrates the importance of hands to our lives today as well as to the history of our species." --The New York Times Book Review
The human hand is a miracle of biomechanics, one of the most remarkable adaptations in the history of evolution. The hands of a concert pianist can elicit glorious sound and stir emotion; those of a surgeon can perform the most delicate operations; those of a rock climber allow him to scale a vertical mountain wall. Neurologist Frank R. Wilson makes the striking claim that it is because of the unique structure of the hand and its evolution in cooperation with the brain that Homo sapiens became the most intelligent, preeminent animal on the earth. In this fascinating book, Wilson moves from a discussion of the hand's evolution—and how its intimate communication with the brain affects such areas as neurology, psychology, and linguistics—to provocative new ideas about human creativity and how best to nurture it. Like Oliver Sacks and Stephen Jay Gould, Wilson handles a daunting range of scientific knowledge with a surprising deftness and a profound curiosity about human possibility. Provocative, illuminating, and delightful to read, The Hand encourages us to think in new ways about one of our most taken-for-granted assets. "A mark of the book's excellence [is that] it makes the reader aware of the wonder in trivial, everyday acts, and reveals the complexity behind the simplest manipulation." --The Washington Post

The first edition of Frans de Waal's Chimpanzee Politics was acclaimed not only by primatologists for its scientific achievement but also by a much broader audience of politicians, business leaders, and social psychologists for its remarkable insights into very basic human needs and behaviors. In this revised edition—featuring a new gallery of color photographs along with a new introduction and epilogue—de Waal expands and updates his story of the Arnhem colony and its continuing political upheavals. We learn the fate of many memorable chimpanzees and meet the colony's current leaders and their allies. The new edition remains a detailed and thoroughly engaging account—of sexual rivalries and coalitions, of actions governed by intelligence rather than instinct—and it reaffirms the complex bond between humans and their closest living relatives. As we watch the chimpanzees of Arnhem behave in ways we recognize from Machiavelli (and from the nightly news), de Waal reminds us again that the roots of politics are older than humanity.

Frans de Waal's violent, aggressive, competitive nature to his animal ancestry. But what if we are just as given to cooperation, empathy, and morality by virtue of our genes? From a scientist and writer whom E.O. Wilson has called 'the world authority on primate social behavior' comes a lively look at the most provocative aspects of human nature - power, sex, violence, kindness, and morality - through our two closest cousins in the ape family. For nearly 20 years, Frans de Waal has worked with both the famously aggressive chimpanzee and the lesser-known egalitarian, erotic, matriarchal bonobo, two species whose DNA is nearly identical to that of humans. He brings these apes to life on every page, revealing their personalities, relationships, and power struggles, creating an engrossing narrative that explores what their behaviour can teach us about ourselves and each other.

Thank you very much for getting started with this book! You are reading this now because I hope you have the chance to feel the love, peace, and joy I feel. If you read one chapter each day, you might be amazed before you are halfway through! You get 28 chapters in this book designed to be read one day at a time in the morning, throughout the day, or at night. I do this myself each day and share in my voice what I am learning in my daily journey of being the best person I can be today. Here are the titles for the 28 chapters in this book. From reading these, you can get a great idea of what this book will help you with! 1.Amazing things happen in appreciating the now. 2.How to thrive by taking your own advice. 3.Are you praying for help? You will receive it. 4.How to deal with uncertainty when you don't know. 5.Take your pick: choosing to be happy or sad. 6.How to take responsibility for your emotions and thrive. 7.How to tackle your problems right now. 8.Achieving happiness with positive affirmations and thrive. 9.Feeling tired? Create an uplifting daily self-care routine. 10.What could you gain from slowing down life? 11.How to continue consistent persistence every day. 12.Do you appreciate what you have today? 13.The benefits of sharing problems with others. 14.One easy solution to improving your mood. 15.How a daily prayer affirmation can improve your life. 16.Reality in the downside of wishful thinking. 17.You do make a unique impact in life. 18.Time travel is real - go backwards or forwards in time to appreciate now. 19.How can I love the people already in my life? 20.The key to overcoming fear with faith. 21.How to enjoy the journey as much as the destination. 22.Happiness challenge: how to master your mindfulness while sick. 23.Gaining peace in accepting your circumstances. 24.Perfect positioning: the right place at the right time in life. 25.How to treat emotional pain by eliminating physical pain. 26.Getting things done: how to get started on your goals. 27.How to simplify your lifestyle and have more than before. 28.How to be optimistic about death. Thank you for reading this book and I hope you enjoy it as much as I did creating it! Sincerely, Jerry Banfield

Brink
What Primate Behavior Can Tell Us about Human Social Evolution

The Chimp Paradox

Adam's Tongue

Discovering the Past Through Our Genes

The Language of Animals

The Ape that Understood the Universe

The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness

The Bonobo and the Atheist: In Search of Humanism Among the Primates

Don't Go Back to Sleep

Inner and Outer Success

Recovering the Lost History of Our Ancestors

Last Ape Standing

A fascinating chronicle of the evolution of humankind traces the genetic history of the organs of the human body, offering a revealing correlation between the distant past and present-day human anatomy and physiology, behavior, illness, and DNA. Reprint. 75,000 first printing.

The Ape that Understood the Universe is the story of the strangest animal in the world: the human animal. It opens with a question: How would an alien scientist view our species? What would it make of our sex differences, our sexual behavior, our altruistic tendencies, and our culture? The book tackles these issues by drawing on two major schools of thought: evolutionary psychology and cultural evolutionary theory. The guiding assumption is that humans are animals, and that animals, we evolved to pass on our genes. At some point, however, we also evolved the capacity for culture - and from that moment, culture began evolving in its own right. This transformed us from a mere ape into an ape capable of reshaping the planet, travelling to other worlds, and understanding the vast universe of which we're but a tiny, fleeting fragment. Featuring a new foreword by Michael Shermer.

NEW AGE | VISIONARY FICTION | ALLEGORY | INSPIRATIONAL | SPIRIT. Tormented by the never-ending voices of his inner critic and the "thought storms" in his mind, a disheartened man travels West on the brink of despair, stopping overnight in a small Nebraska prairie town, where he experiences a surprising inner awakening...Through this allegory, discover and explore a key tool of self-awareness --The Watcher' (witness consciousness)-- for finding peace on your own inner journey and spiritual path. Inspired by the profound wisdom of Michael Singer's The Untethered Soul, the author here shares the process of one person's internal struggle to understand--and escape from--the incessant voices of their inner self-critic. Then --moving well beyond the entry point of self-criticism--this simple story delves deeply to explore the very nature of thinking and emotions themselves and our relationship to them as human beings. What is real? What is illusion? Who AREY it possible to be freed from the "thought maze" that typically entangles a person in their everyday life? Through the protagonist's journey the larger picture of personal identity and its relationship to thoughts and feelings is revealed, as he unknowingly discovers a key tool of self-awareness that the reader will also be able take away for everyday use on their own spiritual path. This transformation evolves over the course of only 24 hours...yet magically, time stretches as the mind main character opens and his heart begins to truly flow for the first time.This New Age work falls into the more recently developing genre of Metaphysical & Visionary Fiction. Like James Redfield's The Celestine Prophecy and Paulo Coelho's The Alchemist, the subtle--yet powerful--unfolding of this allegorical journey will both captivate and inspire you!

How did we become the linguistic, cultured, and hugely successful apes that we are? Our closest relatives--the other mentally complex and socially skilled primates--offer tantalizing clues. In Tree of Origin nine of the world's top primate experts read these clues and compose the most extensive picture to date of what the behavior of monkeys and apes can tell us about our own evolution as a species. It has been nearly fifteen years since a single volume addressed the issue of how evolution from a primate perspective, and in that time we have witnessed explosive growth in research on the subject. Tree of Origin gives us the latest news about bonobos, the make love not war apes who behave so dramatically unlike chimpanzees. We learn about the tool traditions and social customs that set each ape community apart. We see how DNA analysis is revolutionizing our understanding of paternity, intergroup migration, and reproductive success. And we confront intriguing discoveries about primate hunting behavior, politics, cognition, diet, and the evolution of language and intelligence that challenge claims of human uniqueness in new and subtle ways. Tree of Origin provides the clearest glimpse yet of the apelike ancestor who left the forest and began the long journey toward modern humanity.

Let your heart be warmed as the oil of T.D. James' teaching flows from your mind to your spirit. The balm in this book will soothe all manner of traumas, tragedies, and disappointments. For the single parent and the battered wife, for the abused girl and the insecure woman, there is a cure for the crisis! In this soft word for the sensitive ear, there is a deep cleansing for those inaccessible areas of the feminine heart. This book will help to fight back the infections of life. Woman, T Loosed! will break the bands off the neck of every woman who dares to read it!

Unleash your inner superachiever! A superachiever is one who achieves more than most, with the mission of becoming their best self while in the process of positively impacting the world. In essence, we are the individuals that get things done: we achieve whatever goals we set, quickly and exceptionally well. Here is the thing though - sometimes we get sidetracked. Perhaps we feel beat down by trying to achieve our goals; or we become overwhelmed because there are so many we want to accomplish; or we neglect our health and temporarily lose the high energy we need to superachieve. There are many reasons a superachiever can get sidetracked - which is the entire reason for Quit Bleeping Around! It is time to quit bleeping around and to fully unleash your inner superachiever. You must do what you were put on this earth to do - to leave it a better place than you found it. This book is a companion to the course, Five Areas of Focus for Superachievers help you identify the obstacles you've created for yourself and give you strategies for removing them.

A passage from the book... Though she had counted the strokes of every hour since midnight, Mrs. Eveleth had no thought of going to bed.

The Animals Know It

Designing Regenerative Cultures

Hogfather

A Daily Journey in Seeing the Love and Joy You Have Today!

Positivity

The Best And Worst Of Human Nature

The Forgotten Ape

Finding Peace One Day at a Time

Planet of the Apes

The Age of Empathy

Our Inner Ape

Bonobo

It's the night before Hogswatch. And it's too quiet. Superstition makes things work in the Discworld, and undermining it can have consequences. It's just not right to find Death creeping down chimneys and trying to say 'Ho Ho Ho...' It's the last night of the year, the time is turning, and if Susan, gothic governess and Death's granddaughter (sort of), doesn't sort everything out by morning, there won't be a morning. Ever again... Adapted by Terry Pratchett's long-time collaborator Stephen Briggs, this play text version of Pratchett's bestselling Discworld novel Hogfather wittily and faithfully reimagines the story for the stage.

This book takes a proactive approach for your pursuit of peace and happiness while keeping in mind that everything in life is relative and must be viewed in that vein. It offers insights from some of the wisest people that have ever lived and practical solutions to help you deal with life and its many challenges. Your mission, should you decide to accept it, will be to tame or transform your inner monkey from the one on the front cover to the one on the back cover.

The medusa is a tiny jellyfish that lives on the ventral surface of a sea slug found in the Bay of Naples. Readers will find themselves caught up in the fate of the medusa and in the snail as a metaphor for eternal issues of life and death as Lewis Thomas further extends the exploration of man and his world begun in The Lives of a Cell. Among the treasures in this magnificent book are essays on the human genius for making mistakes, on disease and natural death, on cloning, on wars, and on Montaigne, as well as an assessment of medical science and health care. In these essays and others, Thomas once again conveys his observations of the scientific world in prose marked by wonder and wit.

Until just a few years ago, we knew surprisingly little about the 150,000 or so years of human existence before the advent of writing. Some of the most momentous events in our past - including our origins, our migrations across the globe, and our acquisition of language - were veiled in the uncertainty of 'prehistory.' That veil is being lifted at last by geneticists and other scientists. Mapping Human History is nothing less than an astonishing 'history of prehistory.' Steve Olson travelled through four continents to gather insights into the development of humans and our expansion throughout the world. He describes, for example, new thinking about how centres of agriculture sprang up among disparate foraging societies at roughly the same time. He tells why most of us can claim Julius Caesar and Confucius among our forebears. He pinpoints why the ways in which the story of the Jewish people jibes with, and diverges from, biblical accounts. And using very recent genetic findings, he explores the myth that human races are a biological reality.

We have long attributed man's violent, aggressive, competitive nature to his animal ancestry. But what if we are just as given to cooperation, empathy and morality by virtue of our genes? From a scientist and writer whom E. O. Wilson has called 'the world authority on primate social behavior' comes a lively look at the most provocative aspects of human nature - power, sex, violence, kindness, and morality - through our two closest cousins in the ape family. For nearly twenty years, Frans de Waal has worked with both the famously aggressive chimpanzee and the lesser-known egalitarian, erotic, matriarchal bonobo, two species whose DNA is nearly identical to that of humans. He brings these apes to life on every page, revealing their personalities, relationships and power struggles, creating an engrossing narrative that explores what their behaviour can teach us about ourselves and each other.

'Kindness and co-operation have played a crucial role in raising humans to the top of the evolutionary tree ... We have thrived on the milk of human kindness.' Observer BY THE AUTHOR OF ARE WE SMART ENOUGH TO KNOW HOW SMART ANIMALS ARE? There is a widely-held assumption that humans are hard-wired for relentless and ruthless competition ... Frans de Waal sees nature differently - as a biological legacy in which empathy, not mere self-interest, is shared by humans, bonobos and animals ' Ben Macintyre, The Times Empathy holds us together. That we are hardwired to be altruistic is the result of thousands of years of evolutionary biology which has kept society from slipping into anarchy. But we are not alone: primates, elephants, even rodents are empathetic creatures too. Social behaviours such as the herding instinct, bonding rituals, expressions of consolation and even conflict resolution demonstrate that animals are designed to feel for each other. From chimpanzees caring for mates that have been wounded by leopards, elephants reassuring youngsters in distress and dolphins preventing sick companions from drowning, with a wealth of anecdotes, scientific observations, wry humour and wise intelligence, The Age of Empathy is essential reading for all who believe in the power of our connections to each other. Visit the author's Web site at www.outinnersape.com It ' s no secret that humans and apes share a host of traits, from the tribal communities we form to our irreplaceable curiosity. We have a common ancestor, scientists tell us, so it ' s natural that we act alike. But not all of these parallels are so appealing: the chimpanzee, for example, can be as vicious and manipulative as any human. Yet there ' s more to our shared primate heritage than just our violent streak. In Our Inner Ape, Frans de Waal, one of the world ' s great primatologists and a renowned expert on social behavior in apes, presents the provocative idea that our noblest qualities—generosity, kindness, altruism—are as much a part of our nature as are our baser instincts. After all, we share them with another primate: the lesser-known bonobo. As genetically similar to man as the chimpanzee, the bonobo has a temperament and a lifestyle vastly different from those of its genetic cousin. Where chimps are aggressive, territorial, and hierarchical, bonobos are gentle, loving, and erotic (sex for bonobos is as much about pleasure and social bonding as it is about reproduction). While the parallels between chimp brutality and human brutality are easy to see, de Waal suggests that the conciliatory bonobo is just as legitimate a model to study when we explore our primate heritage. He even connects humanity ' s desire for fairness and its morality with primate behavior, offering a view of society that contrasts markedly with the caricature people have of Darwinian evolution. It ' s plain that our finest qualities run deeper in our DNA than experts have previously thought. Frans de Waal has spent the last two decades studying our closest primate relations, and his observations of each species in Our Inner Ape encompass the spectrum of human brutality. This is an audacious book, an engrossing discourse that proposes thought-provoking and sometimes shocking connections among chimps, bonobos, and those most paradoxical of apes, human beings.

Good Natured

Mama's Last Hug

How Humans Made Language. How Language Made Humans

The Inner Shrine

Before the Dawn

Healing the Wounds of the Past

Five Areas of Focus for Superachieving Guidebook

Groundbreaking Research to Release Your Inner Optimist and Thrive

Woman, Thou Art Loosed!