

**PALEOFANTASY: WHAT EVOLUTION REALLY TELLS US  
ABOUT SEX, DIET, AND HOW WE LIVE**

Laura W. Miko

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**Marlene Zuk's Paleofantasy book: Diets and exercise based on ancient humans are a bad idea.**

Editorial Reviews. From Booklist. Working from the assumption that human physiology has Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live - Kindle edition by Marlene Zuk. We evolved to eat berries rather than bagels, to live in mud huts rather than condos, to sprint barefoot rather than.

**Paleofantasy : what evolution really tells us about sex, diet, and how we live**

udyluhubytig.tk: Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live (): Marlene Zuk: Books.

## **Cavemen in Condos | Books and Culture**

Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live, by Marlene Zuk. ISBN New York: W. W.

### **Paleofantasy (Marlene Zuk) - book review**

What Evolution Really Tells Us about Sex, Diet, and How We Live | Humans did X, Y or Z back in the Paleolithic, so that's how we should eat, exercise, relate to.

### **Paleofantasy: What Evolution Really Tells Us About Sex, Diet, and How We Live by Marlene Zuk**

Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live. By Marlene, Zuk. pp. New York: W.W. Norton & Company.

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From debunking the caveman diet to unraveling gender stereotypes, Zuk delivers an engrossing analysis of widespread paleofantasies and the scientific evidence that undermines them, all the while broadening our understanding of our origins and what they can really tell us about our present and our future. Stay informed.

I just got the overall impression that, while the book seems written to encourage the non-ideological, or less ideological side is that for Zuk it is misleading to state that a crisis in human health was caused by the transition to an agricultural life, our current health woes for her are the consequence specifically of contemporary physically comfortable lifestyles and calorie rich diets. Maybe more pre-human evolutionary and How We Live but that's about it. Be the . AllTopicsMoreinEvolution.Seller Inventory PN