

Robert M Sapolsky

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Robert M Sapolsky:

Determined Robert M. Sapolsky, 2024-10-15 The instant New York Times bestseller Excellent Outstanding for its breadth of research the liveliness of the writing and the depth of humanity it conveys Wall Street Journal One of our great behavioral scientists the bestselling author of Behave plumbs the depths of the science and philosophy of decision making to mount a devastating case against free will an argument with profound consequences Robert Sapolsky's Behave his now classic account of why humans do good and why they do bad pointed toward an unsettling conclusion We may not grasp the precise marriage of nature and nurture that creates the physics and chemistry at the base of human behavior but that doesn't mean it doesn't exist Now in Determined Sapolsky takes his argument all the way mounting a brilliant and in his inimitable way delightful full frontal assault on the pleasant fantasy that there is some separate self telling our biology what to do Determined offers a marvelous synthesis of what we know about how consciousness works the tight weave between reason and emotion and between stimulus and response in the moment and over a life One by one Sapolsky tackles all the major arguments for free will and takes them out cutting a path through the thickets of chaos and complexity science and quantum physics as well as touching ground on some of the wilder shores of philosophy He shows us that the history of medicine is in no small part the history of learning that fewer and fewer things are somebody s fault for example for centuries we thought seizures were a sign of demonic possession Yet as he acknowledges it s very hard and at times impossible to uncouple from our zeal to judge others and to judge ourselves Sapolsky applies the new understanding of life beyond free will to some of our most essential guestions around punishment morality and living well together By the end Sapolsky argues that while living our daily lives recognizing that we have no free will is going to be monumentally difficult doing so is not going to result in anarchy pointlessness and existential malaise Instead it will make for a much more humane world A Primate's Memoir Robert M. Sapolsky, 2001 Riveting chronicle of a scientist's coming of age in remote Africa **Behave** Robert M. Sapolsky, 2017-05-02 New York Times bestseller Winner of the Los Angeles Times Book Prize One of the Washington Post s 10 Best Books of the Year It's no exaggeration to say that Behave is one of the best nonfiction books I ve ever read David P Barash The Wall Street Journal It has my vote for science book of the year Parul Sehgal The New York Times Immensely readable often hilarious Hands down one of the best books I ve read in years I loved it Dina Temple Raston The Washington Post From the bestselling author of A Primate's Memoir and the forthcoming Determined A Science of Life Without Free Will comes a landmark genre defining examination of human behavior and an answer to the question Why do we do the things we do Behave is one of the most dazzling tours d horizon of the science of human behavior ever attempted Moving across a range of disciplines Sapolsky a neuroscientist and primatologist uncovers the hidden story of our actions Undertaking some of our thorniest questions relating to tribalism and xenophobia hierarchy and competition and war and peace Behave is a towering achievement a majestic synthesis of cutting edge research and a heroic exploration of why we ultimately do the

things we do for good and for ill **Determined** Robert M. Sapolsky, 2023-10-19 One of the world's greatest scientists of human behaviour the bestselling author of Behave shows that free will does not exist and challenges us to rethink the notions of choice identity responsibility justice morality and how we live together One of the best scientist writers of our time OLIVER SACKS A bravura performance well worth reading for the pleasure of Sapolsky's deeply informed company OLIVER BURKEMAN Observer Behind every thought action and experience there lies a chain of biological and environmental causes stretching back from the moment a neuron fires to the dawn of our species and beyond Nowhere in this infinite sequence is there a place where free will could play a role Without free will it makes no more sense to punish people for antisocial behaviour than it does to scold a car for breaking down It is no one s fault they are poor or overweight or unsuccessful nor do people deserve praise for their talent or hard work grit is a myth This mechanistic view of human behaviour challenges our most powerful instincts but history suggests that we have already made great strides toward it where once we saw demonic possession or cowardice for example now we diagnose illness or trauma and offer help Determined confronts us with our true nature who and what we are is biology and nothing more Disturbing and liberating in equal measure it explores the far reaching implications for society of accepting this reality Monumentally difficult as it may be the reward will be a far more just and humane world Wonderfully readable humorous and warm and humane Justin Webb Today BBC Radio 4 Primate's Memoir Robert M. Sapolsky, 2007-11-01 In the tradition of Jane Goodall and Dian Fossey Robert Sapolsky a foremost science writer and recipient of a MacArthur Genius Grant tells the mesmerizing story of his twenty one years in remote Kenya with a troop of savanna baboons I had never planned to become a savanna baboon when I grew up instead I had always assumed I would become a mountain gorilla writes Robert Sapolsky in this witty and riveting chronicle of a scientist's coming of age in Africa An exhilarating account of Sapolsky's twenty one year study of a troop of rambunctious baboons in Kenya A Primate's Memoir interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti for man and beast alike Over two decades Sapolsky survives culinary atrocities gunpoint encounters and a surreal kidnapping while witnessing the encroachment of the tourist mentality on Africa As he conducts unprecedented physiological research on wild primates he becomes enamored of his subjects unique and compelling characters in their own right and he returns to them summer after summer until tragedy finally prevents him By turns hilarious and poignant A Primate s Memoir is a magnum opus from one of our foremost science writers The Trouble With Testosterone Robert M. Sapolsky, 2012-10-16 Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as one of the best scientist writers of our time a collection of sharply observed uproariously funny essays on the biology of human culture and behavior In the tradition of Stephen Jay Gould and Oliver Sacks Robert Sapolsky offers a sparkling and erudite collection of essays about science the world and our relation to both The Trouble with Testosterone explores the influence of that notorious hormone on male aggression Curious George's Pharmacy reexamines recent exciting

claims that wild primates know how to medicate themselves with forest plants Junk Food Monkeys relates the adventures of a troop of baboons who stumble upon a tourist garbage dump And Circling the Blanket for God examines the neurobiological roots underlying religious belief Drawing on his career as an evolutionary biologist and neurobiologist Robert Sapolsky writes about the natural world vividly and insightfully With candor humor and rich observations these essays marry cutting edge science with humanity illuminating the interconnectedness of the world's inhabitants with skill and flair of Robert M. Sapolsky's Behave by Swift Reads Swift Reads, 2019-03-08 Behave The Biology of Humans at Our Best and Worst 2017 explains the numerous biological cultural and evolutionary factors that shape human behavior Neurobiologist Robert M Sapolsky uses studies from various scientific disciplines including neurology psychology sociology and anthropology to explore why humans exhibit variable responses to both provocative and mundane situations Purchase this in depth summary to learn more Monkeyluv Robert M. Sapolsky, 2006-10-10 A collection of original essays by a leading neurobiologist and primatologist share the author s insights into behavioral biology including discussion of the physiology of genes and the factors that shape human social interaction Summary of Robert M. Sapolsky's Behave by Swift Reads Swift Reads, 2019-06-28 Behave The Biology of Humans at Our Best and Worst 2017 explains the numerous biological cultural and evolutionary factors that shape human behavior Neurobiologist Robert M Sapolsky uses studies from various scientific disciplines including neurology psychology sociology and anthropology to explore why humans exhibit variable responses to Why Zebras Don't Get Ulcers both provocative and mundane situations Purchase this in depth summary to learn more Robert M. Sapolsky, 1994 witty style skillful integration of biology and psychology and research based recommendations for coping with stress make Why Zebras Don t Get Ulcers a unique and indispensable book for people worried about worrying themselves sick

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