



How Men Age: What Evolution Reveals about Male Health and Mortality

Richard G. Bribiescas

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While the health of aging men has been a focus of biomedical research for years, evolutionary biology has not been part of the conversation--until now. *How Men Age* is the first book to explore how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human.

In this informative and entertaining book, renowned biological anthropologist Richard Bribiescas looks at all aspects of male aging through an evolutionary lens. He describes how the challenges males faced in their evolutionary past influenced how they age today, and shows how this unique evolutionary history helps explain common aspects of male aging such as prostate disease, loss of muscle mass, changes in testosterone levels, increases in fat, erectile dysfunction, baldness, and shorter life spans than women. Bribiescas reveals how many of the physical and behavioral changes that we negatively associate with male aging may have actually facilitated the emergence of positive traits that have helped make humans so successful as a species, including parenting, long life spans, and high fertility.

Popular science at its most compelling, *How Men Age* provides new perspectives on the aging process in men and how we became human, and also explores future challenges for human evolution--and the important role older men might play in them.

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Reading a reserve tends to be new life style on this era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Books can also inspire a lot of people. A lot of author can inspire their reader with their story or their experience. Not only situation that share in the publications. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on earth always try to improve their skill in writing, they also doing some investigation before they write with their book. One of them is this How Men Age: What Evolution Reveals about Male Health and Mortality.

Ashley Gibson:

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Health and Mortality can to be your brand-new friend when you're feel alone and confuse with the information must you're doing of their time.

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