

Why We Run A Natural History Bernd Heinrich

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Why We Run A Natural

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In Why We Run, biologist, award-winning nature writer, and ultramarathoner Bernd Heinrich explores a new perspective on human evolution by examining the phenomenon of ultraendurance and makes surprising discoveries about the physical, spiritual -- and primal -- drive to win.

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WHY WE RUN has all sorts of biological discussions that remind me of the worst of Stephen J. Gould's pieces. Unfortunately the biological passages for the most are incoherent although tantalizing. For example, and there are many like this: "Eating is controlled by psychological drives, which in turn are influenced by blood chemistry.

Why We Run: A Natural History: Heinrich, Bernd ...

Why We Run focuses on how antelope, deer, wolves, bees, frogs, camels and other animals exhibit endurance techniques that humans later adopted. For example, antelopes travel in packs and "leap frog" from back to front to conserve energy and escape predators. Deer are natural sprinters and sprint to escape predators.

Why We Run - Wikipedia

At once lyrical and scientific, Why We Run shows Heinrich's signature blend of biology, anthropolog In Why We Run, biologist, award-winning nature writer, and ultramarathoner Bernd Heinrich explores a new perspective on human evolution by examining the phenomenon of ultraendurance and makes surprising discoveries about the physical, spiritual -- and primal -- drive to win.

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Why We Run: A Natural History book by Bernd Heinrich

29 quotes from Why We Run: A Natural History: 'There is nothing quite so gentle, deep, and irrational as running--and nothing quite so savage, so wild.'

Why We Run Quotes by Bernd Heinrich - Goodreads

Why We Run is indeed a natural history of sorts, but it's more importantly a personal history. It's the saga of Heinrich's determination to enter the 1981 national championship 100K race. It was his first such race. He was forty-one years old. Heinrich was a champion marathoner, but 100K makes a marathon look like the neighborhood fun run.

Iection: why we run

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In Why We Run, biologist, award-winning nature author, and ultramarathoner Bernd Heinrich explores a brand new perspective on human evolution by inspecting the phenomenon of ultraendurance and makes stunning discoveries concerning the bodily, religious — and primal — drive to win.

Mua Sách Why We Run : A Natural History Giá Rẻ ...

Heinrich's main point in Why We Run is entirely absent from Born to Run though. In his view, endurance hunting and ultrarunning are both manifestations of an evolutionary quirk unique to humans: the pursuit of long-term goals and dreams.

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