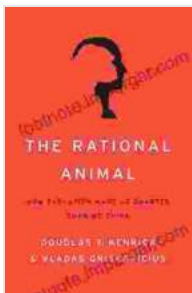


# How Evolution Made Us Smarter Than We Think

In his groundbreaking new book, *How Evolution Made Us Smarter Than We Think*, Dr. David Robson reveals how evolution has shaped our intelligence and why we are capable of so much more than we realize.



## The Rational Animal: How Evolution Made Us Smarter Than We Think by Vlas Griskevicius

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1005 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 290 pages



Robson draws on the latest research in psychology, neuroscience, and evolutionary biology to show that our intelligence is not simply a product of our genes. It is also the result of a long and complex evolutionary history that has given us the ability to learn, adapt, and solve problems.

Robson argues that our intelligence is not a fixed trait. It is constantly evolving and changing in response to our environment. This means that we have the potential to become even smarter than we are now.

*How Evolution Made Us Smarter Than We Think* is a fascinating and thought-provoking book that will change the way you think about yourself and your potential.

## **The Evolution of Intelligence**

The human brain is one of the most complex organs in the known universe. It contains over 100 billion neurons, each of which is connected to thousands of others. This vast network of connections allows us to think, learn, and remember.

The evolution of intelligence is a complex and ongoing process. It is thought that the first signs of intelligence evolved in early primates, around 6 million years ago. These early primates had to be able to learn and adapt to a changing environment in Free Download to survive.

Over time, the primate brain became larger and more complex. This allowed for the development of more sophisticated cognitive abilities, such as language, tool use, and planning.

The evolution of intelligence is not a linear process. There have been periods of rapid progress, followed by periods of relative stasis. However, over the long term, the human brain has become increasingly intelligent.

## **The Limits of Intelligence**

While our intelligence has evolved over millions of years, it is important to remember that we are still limited creatures. We cannot learn everything, and we cannot solve every problem.

There are a number of factors that limit our intelligence, including our genetics, our environment, and our own cognitive biases.

Our genetics play a role in determining our intelligence, but they are not the only factor. Our environment also plays a significant role. Children who grow up in poverty or who are exposed to violence are more likely to have lower IQ scores than children who grow up in more advantaged environments.

Our own cognitive biases can also limit our intelligence. These biases are mental shortcuts that we use to make decisions quickly and efficiently. However, these biases can sometimes lead us to make mistakes.

## **The Potential of Intelligence**

Despite the limits of our intelligence, we have the potential to become even smarter than we are now.

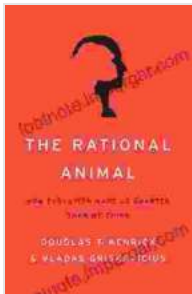
There are a number of things that we can do to improve our intelligence, including:

- Learning new things
- Challenging ourselves
- Getting enough sleep
- Eating a healthy diet
- Exercising

By taking these steps, we can unlock our full potential and become the smartest humans we can be.

*How Evolution Made Us Smarter Than We Think* is a fascinating and thought-provoking book that will change the way you think about yourself and your potential. Robson's groundbreaking research shows that our intelligence is not simply a product of our genes. It is also the result of a long and complex evolutionary history that has given us the ability to learn, adapt, and solve problems.

We have the potential to become even smarter than we are now. By taking steps to improve our intelligence, we can unlock our full potential and become the smartest humans we can be.



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