



# Sex at Dawn: How We Mate, Why We Stray, and What it Means for Modern Relationships

*Christopher Ryan, Cacilda Jetha*

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## **Sex at Dawn: How We Mate, Why We Stray, and What it Means for Modern Relationships**

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In this controversial, thought-provoking, and brilliant book, renegade thinkers Christopher Ryan and Cacilda Jetha debunk almost everything we “know” about sex, weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality to show how far from human nature monogamy really is. In *Sex at Dawn*, the authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. “A scandal in the best sense. . . . This book takes a swing at pretty much every big idea on human nature: that poverty is an inevitable consequence of life on earth, that mankind is by nature brutish, and, most important, that humans evolved to be monogamous.” ? Kate Dailey, Newsweek “My favorite book of [the year]. . . . Good humor, sharp writing, and remarkable asides. . . . It casually and effectively demolishes a Solomon’s Temple worth of conventional wisdom about something we thought we understood pretty well: who we are. It made me wonder how much else of what I think I know is wrong, and it makes me eager to find out.” ? Peter Sagal, National Public Radio

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