

REFERENCES

1. Diamond, J. *The Third Chimpanzee*. (Harper Perennial, 1992).
2. Steckley, J. *Gibbons: The Invisible Apes*. (Rock's Mills Press, 2015).
3. Rowe, N. & Meyers, M. *All the World's Primates*. (Pogonias Press, Charlestown, RI, 2017).
4. Pollan, M. Ripeness is All: The Fruit Bowl. in *40 Years of Chez Panisse: The Power of Gathering* (Clarkson N Potter Publishers, 2011).
5. Cordain, L. *The Paleo Diet Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat*. (John Wiley & Sons, 2010).
6. Pollan, M. Unhappy Meals: Eat food. Not too much. Mostly plants. *New York Times Magazine* (2007).
7. Pollan, M. *In Defense of Food: An Eater's Manifesto*. (Penguin Putnam Trade, 2006).
8. Li, W. W. *Eat to Beat Your Diet: Burn Fat, Heal Your Metabolism, and Live Longer*. (Ballance Publications, 2023).
9. Ballentyne, S. *Nutrivore: The Healthiest and Easiest Way to Fix Your Diet without Dieting*. (Simon and Schuster, 2024).
10. Lustig, R. H. *Metabocal*. (Harper Wave, 2021).
11. Cordain, L. *The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat*. (John Wiley & Sons, 2010).
12. Greger, M. *How Not to Die*. (Flatiron Books, 2017).
13. Fuhrman, J. *The End of Heart Disease*. (Harper Collins, 2016).
14. Pritikin, N. & McGrady Jr., P. *The Pritikin Program for Diet and Exercise*. (Bantam, 1980).
15. Ornish, D. *Stress, Diet, and Your Heart*. (Penguin Group, 1984).
16. Robbins, O. *31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World*. (Hachette Book Group, 2020).
17. Pollan, M. *The Omnivore's Dilemma: A Natural History of Four Meals*. (Penguin Putnam Trade).
18. Davis, B. & Melina, V. *Becoming Vegan: The Complete Reference to Plant-Based Nutrition*. (Book Publishing Co., 2014).
19. Pollan, M. *Food Rules*. (Penguin Putnam Trade, 2009).
20. Campbell, T. C. & Campbell, T. M. *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health*. (BenBella Books, 2006).
21. Goodall, J. & Hudson, G. *Seeds of Hope*. (Soko Publications Limited, 2014).

David Schruth, Ph.D.

22. Rose, L. M. *Urban Foraging: Find, Gather, and Cook 50 Wild Plants*. (Timber Press, 2022).
23. Weil, A. *Nature Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care*. (Houghton Mifflin, 1990).
24. Hyman, M. *The Pegan Diet: 21 Practical Principles For Reclaiming Your Health In A Nutritionally Confusing World*. (Little Brown, 2021).
25. Black, M. *The Atlas of Water: Mapping the World's Most Critical Resource*. (University of California Press, 2016).
26. Mansberger, G., Schreilechner, P. & Eisl, M. *Water: Exploring the Blue Planet*. (Firefly Books, 2016).
27. Hawking, S. *The Universe in a Nutshell*. (Bantam Books, 2001).
28. Dickenson, T. & Dyer, A. *The Backyard Astronomer's Guide*. (Firefly Books, 2002).
29. Pearce, F. *When the Rivers Run Dry, Fully Revised and Updated Edition: Water-The Defining Crisis of the Twenty-First Century*. (Beacon Press, 2018).
30. Solomon, S. *Water: The Epic Struggle for Wealth, Power, and Civilization*. (Harper Collins, 2010).
31. Thunberg, G. *The Climate Book*. (Penguin Random House, 2022).
32. Wright, R. *The Moral Animal: Evolutionary Psychology and Everyday Life*. (Vintage Books, 1994).
33. Wiest, B. *The Mountain Is You: Transforming Self Sabotage Into Self Mastery*. (Thought and Expression, 2020).
34. Lee, S. *Be Water My Friend: The Teachings of Bruce Lee*. (Flatiron Books, 2021).
35. Holiday, R. *The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph*. (Penguin Putnam, 2014).
36. Shetty, J. *Think Like a Monk: Train Your Mind for Peace and Purpose Every Day*. (Simon and Schuster, 2020).
37. Clear, J. *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*. (Avery Publishing Group, 2018).
38. Duckworth, A. *Grit: The Power of Passion and Perseverance*. (Scribner Book Company, 2016).
39. Salzberg, S. *Real Happiness: The Power of Meditation*. (Workman, 2011).
40. Wright, R. *Why Buddhism Is True: The Science and Philosophy of Meditation and Enlightenment*. (Simon and Schuster, 2017).
41. Kabat-Zinn, J. *Wherever You Go There You Are: Mindfulness and Meditation in Everyday Life*. (Hyperion, 1994).

42. Evans, M. *The Peaceful Arts: Tai Chi, Meditation, Yoga, Stretching*. (Anness Publishing, 2000).
43. Chopra, D. *The Seven Spiritual Laws of Success*. (New World Library, 1994).
44. Singer, M. A. *The Untethered Soul*. (New Harbinger Publications, 2007).
45. Vernikos, J. *Sitting Kills Moving Heals: How Everyday Movement Will Extend Your Life & Exercise Alone Won't*. (Linden Publishing, 2011).
46. Ray, A. *Yoga and Vipassana: An Integrated Lifestyle*.
47. Gonzalez, C. M. *Hanging Out for the Health of It: One Minute a Day to a Healthier, Happier, and Longer Life*. (Advantage Media Group, 2008).
48. Kim, J.-D. *et al.* The effect of inversion traction on pain sensation, lumbar flexibility and trunk muscles strength in patients with chronic low back pain. *Isokinet. Exerc. Sci.* **21**, 237–246 (2013).
49. Rademeyer, J. The efficacy of using inversion therapy in the treatment of lower back pain. (University of Johannesburg, 2014).
50. Berg, K. *Prescriptive Stretching: Eliminate Pain & Prevent Injury*. (Human Kinetics Publishers, 2019).
51. Koestler, A. *The Sleepwalkers*. (Penguin Publishing Group, 1959).
52. Sagan, C. *Billions and Billions: Thoughts on Life and Death at the Brink of the Millennium*. (Ballantine Books, 1997).
53. Bryson, B. *A Short History of Nearly Everything*. (Broadway Books, 2003).
54. Hawking, S. *A Brief History of Time*. (Bantam Books, 1996).
55. Sagan, C. & Druyan, A. *Pale Blue Dot*. (Random House Publishing Group, 2011).
56. Ward, P. D. & Brownlee, D. *Rare Earth*. (Copernicus Books, 2003).
57. Nesse, R. M. & Williams, G. C. *Why We Get Sick: The New Science of Darwinian Medicine*. (Vintage Books, 1996).
58. Chapman, G. *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. (Northfield Publishing, Chicago, 1995).
59. Goleman, D. *Emotional Intelligence*. (Scientific American, 1994).
60. Tawwab, N. G. *Set Boundaries Find Peace: A Guide to Reclaiming Yourself*. (Tarcher, 2021).
61. Brown, B. *Dare to Lead*. (Random House, 2018).
62. Silver, N. *On the Edge: The Art of Risking Everything*. (2024).
63. David, S. *Emotional Agility*. (Avery, 2016).

David Schruth, Ph.D.

64. Bustin, G. *How Leaders Decide: A Timeless Guide to Making Tough Choices*. (Sourcebooks, 2019).
65. *Acting under Uncertainty: Multidisciplinary Conceptions*. (Springer, 1990).
66. Brown, B. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead*. (Avery Publishing Group, 2015).
67. Lewis, D. M. G., Al-Shawaf, L., Russell, E. M. & Buss, D. M. Friends and Happiness: An Evolutionary Perspective on Friendship. in *Friendship and Happiness* (ed. Demir, M.) 37–57 (Springer Netherlands, Dordrecht, 2015). doi:10.1007/978-94-017-9603-3_3.
68. Gottmann, J. *Seven Principles for Making Marriage Work*. (Penguin Random House, 1999).
69. Brooks, D. *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*. (Penguin Random House, 2023).
70. *Origins of Altruism and Cooperation*. (Springer New York, New York, NY, 2011). doi:10.1007/978-1-4419-9520-9.
71. Jablonski, N. G. Social and affective touch in primates and its role in the evolution of social cohesion. *Neuroscience* **464**, 117–125 (2021).
72. Banissy, M. *Touch Matters*. (Chronicle Books, 2023).
73. Yang, Y. C. *et al.* Social relationships and physiological determinants of longevity across the human life span. *Proc. Natl. Acad. Sci.* **113**, 578–583 (2016).
74. Jones, C. B. *The Evolutoin of Mammalian Sociality in Ecological Perspective*. (Springer, 2014).
75. Dunbar, R. I. M. *The Human Story*. (Faber and Faber, 2004).
76. McKeown, G. *Essentialism: The Disciplined Pursuit of Less*. (Penguin Random House, 2014).
77. Ninivaggi, F. J. *Making Sense of Emotion: Innovating Emotional Intelligence*. (Riggs/Galleys, 2017).
78. Sinek, S. *Start with Why: How Great Leaders Inspire Everyone to Take Action*. (Penguin Group, 2009).
79. Stewart, M. *Homekeeping Handbook*. (Penguin Random House, 2006).
80. Kahn, J. E. *The Whole Heart Solution*.
81. Glantz, K. & Pearce, J. K. *Exiles from Eden: Psychotherapy From an Evolutionary Perspective*. (W.W. Norton & Company, 1989).
82. Keohane, J. *The Power of Strangers: The Benefits of Connecting in a Suspicious World*. (Random House, 2021).
83. Neufeld, G. & Mate, G. *Hold on to Your Kids: Why Parents Need to Matter More than Peers*. (Ballantine Books, 2006).

84. Gottman, J. M. & DeClaire, J. *The Relationship Cure: A Five Step Guide to Strengthening Your Marriage, Family, and Friendships*. (Three Rivers Press, 2001).
85. Levine, A. & Heller, R. S. F. *Attached: The New Science of Adult Attachment and How It Can Help You Find And Keep Love*. (Penguin Random House, 2011).
86. Williams, V. *Strive*. (Amistad, 2024).
87. Tolle, E. *The Power of Now: A Guide to Spiritual Enlightenment*. (New World Library, 2004).
88. Harris, S. *Waking Up: A Guide to Spirituality Without Religion*. (Simon and Schuster, 2014).
89. Sunim, H. *The Things You Can See Only When You Slow Down*. (Penguin Random House, 2017).
90. Ray, A. *Mindfulness: Living in the Moment Living in the Breath*. (Inner Light Publishers, 2015).
91. Sagan, C. *The Varieties of Scientific Experience: A Personal View of the Search for God*. (Penguin Books, 2006).
92. Kuo-Deemer, M. *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind, and Spirit*. (Dover, 2019).
93. Nelson, A. G. *Stretching Anatomy*. (Human Kinetics Publishers, 2006).
94. Mathews, J. *Stretching to Stay Young: Simple Workouts to Keep You Flexible, Energized, and Pain Free*. (Callisto, 2016).
95. Kim, S. H. *Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts*. (Turtle Press, 2004).
96. Saotome, M. *Aikido and the Harmony of Nature*. (Penguin Random House, 1993).
97. Cain, S. *Quiet: The Power of Introverts in a World That Can't Stop Talking*. (Crown, 2013).
98. Pollan, M. *Botany of Desire*. (Penguin Random House, 2001).
99. Gilbert, L. E. Coevolution of Animals and Plants. in *Symposium V* (1973).
100. Flemming, T. H. & Kress, W. J. *The Ornaments of Life: Coevolution and Conservation in the Tropics*. (University of Chicago Press, 2013).
101. White, T. E. & Kemp, D. J. Technicolour deceit: a sensory basis for the study of colour-based lures. *Anim. Behav.* **105**, 231–243 (2015).
102. Lustig, R. H. Fructose: It's "Alcohol Without the Buzz". *Adv. Nutr.* **4**, 226–235 (2013).
103. Morris, D. Triumph Displays: How winners celebrate and losers react. in *Manwatching: A Field Guide to Human Behavior* (Elsevier International Projects, 1977).

David Schruth, Ph.D.

104. Leakey, R. & Lewin, R. *The Sixth Extinction: Patterns of Life and the Future of Humankind*. (1995).
105. Quinn, D. *Ishmael: An Adventure of the Mind and Spirit*. (Bantam Turner, 1992).
106. Rossi, M. *Love Your Gut*. (Experiment, 2021).
107. Raj, R. *Gut Renovation: Unlock the Age Defying Power of the Microbiome to Remodel Your Health from the Inside Out*. (William Morrow and Company, 2023).
108. Lustig, R. H. *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*. in (Penguin Putnam Trade, 2012).
109. Lustig, R. H. *Sugar Has 56 Names: A Shopper's Guide*. (Hudson Street Press, 2013).
110. Nowakowski, A. C., Miller, A. C., Miller, M. E., Xiao, H. & Wu, X. Potential health benefits of edible insects. *Crit. Rev. Food Sci. Nutr.* **62**, 3499–3508 (2022).
111. Leroy, F. *et al.* The role of meat in the human diet: evolutionary aspects and nutritional value. *Anim. Front.* **13**, 11–18 (2023).
112. Axe, J. *Keto Diet: Your 30 Day Plan to Lose Weight, Balance Hormones, & Reverse Disease*. (Little Brown, 2019).
113. Fleagle, J. G. *Primate Adaptation and Evolution*. (Academic Press, New York, 1999).
114. Greger, M. *How Not to Diet: The Groundbreaking Science of Healthy Permanent Weight Loss*. (Flatiron Books, 2019).
115. Perlmutter, D. *Drop Acid*. (Yellow Kite Books, 2022).
116. Thayer, S. *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*. (Forager's Harvest, 2006).
117. Franklin, B. *Franklin's Way to Wealth, Or, 'Poor Richard Improved.'* (Jacob Johnson, 1808).
118. Hartwig, D. *4 Season Solution: The Groundbreaking New Plan for Feeling Better, Living Well, & Powering Down Our Always On Lives*. (Simon and Schuster, 2020).