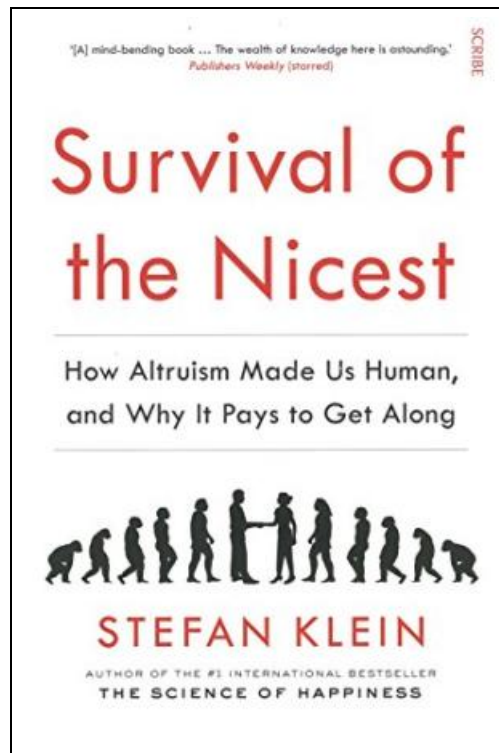


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Reviews

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(Lauren Quitzon)

SURVIVAL OF THE NICEST: HOW ALTRUISM MADE US HUMAN, AND WHY IT PAYS TO GET ALONG (PAPERBACK)



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Scribe Publications, Australia, 2014. Paperback. Condition: New. New edition. Language: English . Brand New Book. The phrase `survival of the fittest conjures an image of the most cutthroat individuals rising to the top. But Stefan Klein, author of the international bestseller *The Science of Happiness*, makes the startling assertion that the key to achieving lasting personal and societal success lies in helping others. Klein argues that altruism is in fact our defining characteristic: natural selection favoured those early humans who cooperated in groups. With their survival more assured, our altruistic ancestors were free to devote brainpower to developing intelligence, language, and culture - our very humanity. As Klein puts it, `We humans became first the friendliest and then the most intelligent apes. To build his persuasive case for how altruistic behaviour made us human - and why it pays to get along - Klein brings together an extraordinary array of material: current research on genetics and the brain, economics, social psychology, behavioural and anthropological experiments, history, and modern culture. Ultimately, his groundbreaking findings lead him to a vexing question: if we re really hard-wired to act for one another s benefit, why aren t we all getting along? Klein believes we ve learned to mistrust our generous instincts because success is so often attributed to selfish ambition. In *Survival of the Nicest*, he invites us to rethink what it means to be the `fittest as he shows how caring for others can protect us from loneliness and depression, make us happier and healthier, reward us economically, and even extend our lives.



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