



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

By Christopher Ryan, Cacilda Jethá

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“*Sex at Dawn* challenges conventional wisdom about sex in a big way. By examining the prehistoric origins of human sexual behavior the authors are able to expose the fallacies and weaknesses of standard theories proposed by most experts. This is a provocative, entertaining, and pioneering book. I learned a lot from it and recommend it highly.” — Andrew Weil, M.D.

“*Sex at Dawn* irrefutably shows that what is obvious—that human beings, both male and female, are lustful—is true, and has always been so.... The more dubious its evidentiary basis and lack of connection with current reality, the more ardently the scientific inevitability of monogamy is maintained—even as it falls away around us.” — Stanton Peele, Ph.D.

A controversial, idea-driven book that challenges everything you (think you) know about sex, monogamy, marriage, and family. In the words of Steve Taylor (*The Fall, Waking From Sleep*), *Sex at Dawn* is “a wonderfully provocative and well-written book which completely re-evaluates human sexual behavior and gets to the root of many of our social and psychological ills.”

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### Editorial Review

#### Review

“Sex At Dawn has helped me understand myself and the world so much more clearly.” (Ilana Glazer, co-creator of Broad City)

“Sex At Dawn is the single most important book about human sexuality since Alfred Kinsey unleashed Sexual Behavior in the Human Male on the American public in 1948.” (Dan Savage)

“Funny, witty, and light ... Sex at Dawn is a scandal in the best sense, one that will have you reading the best parts aloud and reassessing your ideas about humanity’s basic urges well after the book is done.” (Newsweek)

“Sex At Dawn challenges conventional wisdom about sex in a big way... This is a provocative, entertaining, and pioneering book. I learned a lot from it and recommend it highly.” (Andrew Weil, M.D., author of Healthy Aging)

“Sex At Dawn is a provocative and engaging synthesis... that has the added benefit of being a joy to read... A book sure to generate discussion, and one likely to produce more than a few difficult conversations with family marriage counselors.” (Eric Michael Johnson, Seed Magazine)

“You clearly have an exciting book on your hands, whether people agree with it or not: these are issues that will need debating over and over before we will arrive at a resolution.” (Frans de Waal, author of The Age of Empathy)

“A wonderfully provocative and well-written book which completely re-evaluates human sexual behaviour and gets to the root of many of our social and psychological ills.” (Steve Taylor, author of The Fall and Waking From Sleep)

“One of the most original books I’ve read in years, Sex at Dawn manages to be both enormously erudite and wildly entertaining—even, frequently, hilarious. . . . A must-read for anyone interested in where our sexual impulses come from.” (Tony Perrottet, author of Napoleon's Privates)

“This paradigm-shifting book is a thoroughly original discussion of the origins and nature of human sexuality... These authors have a gift for making complex material reader-friendly, filling each chapter with humor and passion as well as dozens of revolutionary insights.” (Stanley Krippner, Ph.D.)

“Christopher Ryan and Cacilda Jetha have written the essential corrective to the evolutionary psychology literature...” (Stanton Peele, Ph.D.)

#### From the Back Cover

In this controversial, thought-provoking, and brilliant book, renegade thinkers Christopher Ryan and Cacilda Jethá 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.

#### About the Author

Christopher Ryan, PhD, is a research psychologist. He lives in Barcelona, Spain.

Cacilda Jethá, MD, is a practicing psychiatrist. She lives in Barcelona, Spain.

### **Users Review**

#### **From reader reviews:**

##### **Todd Jacobs:**

The experience that you get from Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships is a more deep you digging the information that hide within the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to be aware of but Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships giving you buzz feeling of reading. The article writer conveys their point in selected way that can be understood by simply anyone who read the item because the author of this book is well-known enough. That book also makes your vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We suggest you for having that Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships instantly.

##### **Jennifer Crowe:**

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##### **Karen Garcia:**

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**Brenda Nunez:**

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