



Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us

Lee Goldman

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Dean of Columbia University's medical school explains why our bodies are out of sync with today's environment and how we can correct this to save our health.

Over the past 200 years, human life-expectancy has approximately doubled. Yet we face soaring worldwide rates of obesity, diabetes, high blood pressure, mental illness, heart disease, and stroke. In his fascinating new book, Dr. Lee Goldman presents a radical explanation: The key protective traits that once ensured our species' survival are now the leading global causes of illness and death. Our capacity to store food, for example, lures us into overeating, and a clotting system designed to protect us from bleeding to death now directly contributes to heart attacks and strokes. A deeply compelling narrative that puts a new spin on evolutionary biology, **TOO MUCH OF A GOOD THING** also provides a roadmap for getting back in sync with the modern world.

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