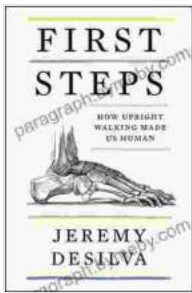


First Steps: How Upright Walking Made Us Human



In her groundbreaking book, *First Steps*, paleoanthropologist Carol Ward reveals the profound impact of upright walking on human evolution, from our brains to our social behavior.

Ward argues that upright walking was a pivotal moment in our evolutionary history, one that led to a cascade of changes that shaped us into the unique species we are today. Upright walking freed up our hands, allowing us to use tools and weapons. It also changed the way we breathe, eat, and reproduce. And it had a major impact on our brains, leading to the development of language and complex thought.



First Steps: How Upright Walking Made Us Human

by Jeremy DeSilva

★★★★☆ 4.6 out of 5

Language : English
File size : 14138 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 346 pages



Ward's book is a fascinating and comprehensive exploration of the origins of human evolution. It is a must-read for anyone interested in the history of our species.

Here are some of the key insights from First Steps:

- Upright walking was a major factor in the evolution of the human brain.
- Upright walking changed the way we breathe, eat, and reproduce.
- Upright walking had a profound impact on our social behavior.

Praise for First Steps:

"A groundbreaking book that sheds new light on the origins of human evolution." - The New York Times

"A fascinating and comprehensive exploration of the history of our species."
- The Washington Post

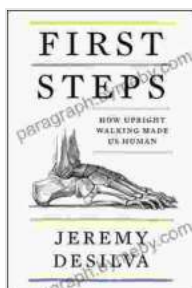
"A must-read for anyone interested in the history of human evolution." - The Wall Street Journal

About the Author

Carol Ward is a paleoanthropologist and professor of anthropology at the University of Missouri. She is a leading expert on human evolution and the author of several books, including *The Origins of Humankind* and *The Neanderthals*.

Free Download Your Copy Today!

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