"Full of fascinating stories. . . . I was beguiled." —ATUL GAWANDE, M.D.



Zoobiquity

The Astonishing Connection Between Human and Animal Health

BARBARA NATTERSON-HOROWITZ, M.D. and KATHRYN BOWERS

Zoobiquity The Astonishing Connection Between Human And Animal Health

Dr. Barbara N. Horowitz, Kathryn Bowers

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Zoobiguity Dr. Barbara N. Horowitz, Kathryn Bowers, 2013-04-09 Engaging science writing that bravely approaches a new frontier in medical science and offers a whole new way of looking at the deep kinship between animals and human beings Zoobiquity a species spanning approach to medicine bringing doctors and veterinarians together to improve the health of all species and their habitats In the tradition of Temple Grandin Oliver Sacks and Neil Shubin this is a remarkable narrative science book arguing that animal and human commonality can be used to diagnose treat and ultimately heal human patients Through case studies of various species human and animal kind alike the authors reveal that a cross species approach to medicine makes us not only better able to treat psychological and medical conditions but helps us understand our deep connection to other species with whom we share much more than just a planet This revelatory book reaches across many disciplines evolution anthropology sociology biology cutting edge medicine and zoology providing fascinating insights into the connection between animals and humans and what animals can teach us about the human body and mind Zoobiauity Barbara Natterson-Horowitz, Kathryn Bowers, 2013-04-09 A revelatory depiction of what animals can teach us about the human body and mind exploring how animal and human commonality can be used to diagnose treat and heal patients of all species Full of fascinating stories Atul Gawande M D Do animals overeat Get breast cancer Have fainting spells Inspired by an eye opening consultation at the Los Angeles Zoo which revealed that a monkey experienced the same symptoms of heart failure as human patients cardiologist Barbara Natterson Horowitz embarked upon a project that would reshape how she practiced medicine Beginning with the above questions she began informally researching every affliction that she encountered in humans to learn whether it happened with animals too And usually it did dinosaurs suffered from brain cancer koalas can catch chlamydia reindeer seek narcotic escape in hallucinogenic mushrooms stallions self mutilate and gorillas experience clinical depression Natterson Horowitz and science writer Kathryn Bowers have dubbed this pan species approach to medicine zoobiquity New York Times Bestseller An O The Oprah Magazine Summer Reading Pick A Discover Magazine Best Book Zoobiquity Barbara Natterson-Horowitz, Kathryn Bowers, 2012-06-12 A revelatory depiction of what animals can teach us about the human body and mind exploring how animal and human commonality can be used to diagnose treat and heal patients of all species Full of fascinating stories Atul Gawande M D Do animals overeat Get breast cancer Have fainting spells Inspired by an eye opening consultation at the Los Angeles Zoo which revealed that a monkey experienced the same symptoms of heart failure as human patients cardiologist Barbara Natterson Horowitz embarked upon a project that would reshape how she practiced medicine Beginning with the above questions she began informally researching every affliction that she encountered in humans to learn whether it happened with animals too And usually it did dinosaurs suffered from brain cancer koalas can catch chlamydia reindeer seek narcotic escape in hallucinogenic mushrooms stallions self mutilate and gorillas experience clinical depression Natterson Horowitz and science writer Kathryn Bowers have dubbed this

pan species approach to medicine zoobiquity New York Times Bestseller An O The Oprah Magazine Summer Reading Pick A Discover Magazine Best Book Human and Animal Cognition in Early Modern Philosophy and Medicine Stefanie Buchenau, Roberto Lo Presti, 2018-10-26 From the sixteenth to the eighteenth century new anatomical investigations of the brain and the nervous system together with a renewed interest in comparative anatomy allowed doctors and philosophers to ground their theories on sense perception the emergence of human intelligence and the soul body relationship in modern science They investigated the anatomical structures and the physiological processes underlying the rise differentiation and articulation of human cognitive activities and looked for the anatomical roots of the specificity of human intelligence when compared to other forms of animal sensibility This edited volume focuses on medical and philosophical debates on human intelligence and animal perception in the early modern age providing fresh insights into the influence of medical discourse on the rise of modern philosophical anthropology Contributions from distinguished historians of philosophy and medicine focus on sixteenth century zoological psychological and embryological discourses on man the impact of mechanism and comparative anatomy on philosophical conceptions of body and soul and the key status of sensibility in the medical and The Other Family Doctor Karen Fine, 2024-03-05 NEW YORK TIMES BESTSELLER Calling philosophical enlightenment all animal lovers A heartwarming memoir about one woman's career as a vet and the unique role pets play in our lives Filled with compassion and wisdom Karen Fine is a healer whose own wounds have deepened her gifts for bringing animals and their people comfort and peace Sy Montgomery bestselling author of The Soul of an Octopus A tribute to our furry feathery scaley and wet family members All Creatures Great and Small meets Being Mortal in this compelling memoir of one woman s dream to become a veterinarian Karen Fine always knew that she wanted to be a vet and wasn t going to let anything stop her not her allergy to cats and not the fact that in the 80s veterinary medicine was still a mostly male profession Inspired by her grandfather a compassionate doctor who paid house calls to all his human patients Dr Fine persevered and brought her Oupa s principles into her own practice which emphasizes the need to understand her patients stories to provide the best possible care And in The Other Family Doctor Dr Fine shares all these touching joyful heartbreaking and life affirming tales that make up her career as a vet There s The feral cat who becomes a creature out of a fable when he puts his trust in a young vet to heal his injured paw The pot bellied pig who grows too big to fit in the car but remains a cherished part of her family The surprising colony of perfectly behaved ferrets The beloved aging pet who gives her people the gift of accompanying them on one final family vacation The dog who saves his owner's life in a most unexpected way Woven into Dr Fine s story are of course also the stories of her own pets the birds cats and dogs who have taught her the most valuable lessons how caring for the animals in our lives can teach us to better care for ourselves especially when life seems precarious

Treatment for Body-Focused Repetitive Behaviors Stacy K. Nakell,2022-08-01 Treatment for Body Focused Repetitive Behaviors is the first book to establish the theory and practice of a psychodynamic approach to treating body focused

repetitive behavior disorders BFRBDs such as hair pulling skin picking and cheek lip and cuticle biting Chapters set out a new framework for understanding and treating BFRBDs one grounded in attachment theory and neurobiological research

Good Reasons for Bad Feelings Randolph M. Nesse, MD,2019-02-12 A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much needed new framework for making sense of mental illness Why do I feel bad There is real power in understanding our bad feelings With his classic Why We Get Sick Dr Randolph Nesse helped to establish the field of evolutionary medicine Now he returns with a book that transforms our understanding of mental disorders by exploring a fundamentally new question Instead of asking why certain people suffer from mental illness Nesse asks why natural selection has left us all with fragile minds Drawing on revealing stories from his own clinical practice and insights from evolutionary biology Nesse shows how negative emotions are useful in certain situations yet can become overwhelming Anxiety protects us from harm in the face of danger but false alarms are inevitable Low moods prevent us from wasting effort in pursuit of unreachable goals but they often escalate into pathological depression Other mental disorders such as addiction and anorexia result from the mismatch between modern environment and our ancient human past And there are good evolutionary reasons for sexual disorders and for why genes for schizophrenia persist Taken together these and many more insights help to explain the pervasiveness of human suffering and show us new paths for relieving it by understanding individuals as individuals Combat Trauma and the Ancient Greeks P. Meineck, D. Konstan, 2014-09-11 This ground breaking book applies trauma studies to the drama and literature of the ancient Greeks Diverse essays explore how the Greeks responded to war and if what we now term combat trauma post traumatic stress or combat stress injury can be discerned in ancient Greek culture Framework for a Scientific Psychology Bernhard J. Schmidt, 2020-11-11 If we want to keep reason then we have to overcome belief in it One Welfare in Practice Tanya Stephens, 2021-10-25 Animal welfare has long been recognised as central to the role of the veterinary professional but this is increasingly aligned with the welfare of humans and the broader environment in which we co exist This is the first book dedicated to the role of the veterinarian in One Welfare a concept that recognises the interconnections between animal welfare human wellbeing and the environment The book demonstrates through a wide range of international case studies why professional ethics and the use of good evidence is integral to this role Contributors bring a rich variety of writings each with their own perception of the role of the veterinarian in improving animal welfare and human wellbeing One Welfare in Practice The Role of the Veterinarian emphasises the importance of interdisciplinary collaboration and solutions it is essential that veterinary practitioners recognise when other professionals or disciplines need to be consulted to benefit both animals and humans With its multiple fascinating approaches to One Welfare this book will inform and inspire the veterinarian to find areas where collaborative action reaps the greatest rewards This unique book shows how veterinarians can and are contributing to improving animal and human welfare offering practical advice as to how the profession can further engage in One Welfare in

a range of settings **Duped** Abby Ellin, 2019-01-15 Abby Ellin was shocked to learn that her fianc as leading a secret life But as she soon discovered the world is full of people who aren t what they seem From Abby Ellin s first date with the Commander she was caught up in a whirlwind Within six months he d proposed and they d moved in together But soon his exotic stories of international espionage began to unravel Finally it all became clear he was lying about who he was After leaving him and sharing her story she was floored to find out that her experience was far from unique People everywhere many of them otherwise sharp witted and self aware are being deceived by their loved ones every day In Duped Abby Ellin studies the art and science of lying talks to people who ve had their worlds upended by duplicitous partners and writes with great openness about her own mistakes These remarkable stories reveal how often we encounter people whose lives beneath the surface are more improbable than we ever imagined A Concise History of Veterinary Medicine Susan D. Jones, Peter A. Koolmees, 2022-08-25 The first concise global history of veterinary medicine and animal healing covering the past 400 years Posthumanism and Educational Research Nathan Snaza, John Weaver, 2014-09-25 Focusing on the interdependence between human animal and machine posthumanism redefines the meaning of the human being previously assumed in knowledge production This movement challenges some of the most foundational concepts in educational theory and has implications within educational research curriculum design and pedagogical interactions. In this volume a group of international contributors use posthumanist theory to present new modes of institutional collaboration and pedagogical practice They position posthumanism as a comprehensive theoretical project with connections to philosophy animal studies environmentalism feminism biology queer theory and cognition Researchers and scholars in curriculum studies and philosophy of education will benefit from the new research agendas presented by posthumanism Integrated Approaches to Health: Concepts and Experiences in Framing, Integration and Evaluation of One Health and EcoHealth Simon R. Rüegg, Sandra C. Buttigieg, Flavie L. Goutard, Aurélie Binot, Serge Morand, Séverine Thys, Hans Keune, 2019-10-21 Integrated approaches to health address health challenges arising from the intertwined spheres of humans animals and ecosystems This eBook is the product of an interdisciplinary effort to establish how One Health EcoHealth and other integrated approaches to health are conceptualized framed implemented and evaluated today It supplements the handbook for the evaluation of One Health published by the COST Action Network for Evaluation of One Health NEOH with in depth reflections on the theory behind integrated approaches to health and One Health more specifically a brief version of the NEOH evaluation framework a supplementary evaluation approach and eight case studies in which the NEOH framework was applied The eBook is intended for practitioners researchers evaluators as well as funders of integrated approaches to health and beyond Without the outstanding support and leadership from the management committee this work would not have been achieved Our gratitude goes to Maria Eleni Filippitzi BE V ronigue Renault BE Nihad Fejzic BA Sabina Seric Haracic BA Nenad Turk HR Relia Beck HR Luca Guardabassi DK Liza Rosenbaum Nielsen DK Flavie Goutard FR Vladimir Grosbois FR Brigitte Petersen

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and creative and critical thinking skills Exploring controversies surrounding evolution education this volume provides a roadmap to asking and answering Darwinian questions across all areas of intellectual inquiry Animal Madness Laurel Braitman, 2014-06-10 Science Friday Summer Reading Pick Discover magazine Top 5 Summer Reads People magazine Best Summer Reads A lovely big hearted book brimming with compassion and the tales of the many many humans who devote their days to making animals well The New York Times Have you ever wondered if your dog might be a bit depressed How about heartbroken or homesick Animal Madness takes these questions seriously exploring the topic of mental health and recovery in the animal kingdom and turning up lessons that Publishers Weekly calls Illuminating Braitman's delightful balance of humor and poignancy brings each case of life Animal Madness's continuous dose of hope should prove medicinal for humans and animals alike Susan Orlean calls Animal Madness a marvelous smart eloquent book as much about human emotion as it is about animals and their inner lives It is a gem that can teach us much about the wildness of our own minds Psychology Today The Process of Animal Domestication Marcelo Sánchez-Villagra, 2022-01-18 The first modern scholarly synthesis of animal domestication Across the globe and at different times in the past millennia the evolutionary history of domesticated animals has been greatly affected by the myriad complex and diverse interactions humans have had with the animals closest to them The Process of Animal Domestication presents a broad synthesis of this subject from the rich biology behind the initial stages of domestication to how the creation of breeds reflects cultural and societal transformations that have impacted the biosphere Marcelo S nchez Villagra draws from a wide range of fields including evolutionary biology zooarchaeology ethnology genetics developmental biology and evolutionary morphology to provide a fresh perspective to this classic topic Relying on various conceptual and technical tools he examines the natural history of phenotypes and their developmental origins He presents case studies involving mammals birds fish and insect species and he highlights the importance of domestication for the comprehension of evolution anatomy ontogeny and dozens of fundamental biological processes Bringing together the most current developments The Process of Animal Domestication will interest a wide range of readers from evolutionary biologists developmental biologists and geneticists to anthropologists and archaeologists

Integrating Evolutionary Biology into Medical Education Jay Schulkin, Michael Power, 2019-12-19 Clinicians and scientists are increasingly recognising the importance of an evolutionary perspective in studying the aetiology prevention and treatment of human disease the growing prominence of genetics in medicine is further adding to the interest in evolutionary medicine In spite of this too few medical students or residents study evolution This book builds a compelling case for integrating evolutionary biology into undergraduate and postgraduate medical education as well as its intrinsic value to medicine Chapter by chapter the authors experts in anthropology biology ecology physiology public health and various disciplines of medicine present the rationale for clinically relevant evolutionary thinking They achieve this within the broader context of medicine but through the focused lens of maternal and child health with an emphasis on female reproduction and

the early life biochemical immunological and microbial responses influenced by evolution The tightly woven and accessible narrative illustrates how a medical education that considers evolved traits can deepen our understanding of the complexities of the human body variability in health susceptibility to disease and ultimately help guide treatment prevention and public health policy However integrating evolutionary biology into medical education continues to face several roadblocks The medical curriculum is already replete with complex subjects and a long period of training The addition of an evolutionary perspective to this curriculum would certainly seem daunting and many medical educators express concern over potential controversy if evolution is introduced into the curriculum of their schools Medical education urgently needs strategies and teaching aids to lower the barriers to incorporating evolution into medical training In summary this call to arms makes a strong case for incorporating evolutionary thinking early in medical training to help guide the types of critical questions physicians ask or should be asking It will be of relevance and use to evolutionary biologists physicians medical students and biomedical research scientists The Pulse Cure Torkil Færø, 2024-01-04 Groundbreaking bridges the gap between cutting edge science and practical well being A must read for anyone seeking to improve their resilience reduce inflammation and embrace a healthier future Dr Jenna Macciochi author of Immunity The Science of Staying Well What if you could see the toll that over work too much sugar or bad sleep really take on your system What if you knew what boosts your energy and what saps it and when you are heading for burnout What if you could feel more vitality and joy have stronger will power and live longer With the aid of your phone smartwatch or a wearable heart rate monitor and The Pulse Cure you can The key lies in measuring your heart rate variability the distance between your heart beats which indicates what is happening in your autonomic nervous system Tuning into your heart rate variability can show you how your personal constitution reacts to specific stressors and help you tailor what you need to do to recharge Whether you are healthy but want to take a proactive approach to your health or exhausted and want your energy back Dr F r s clear upbeat guidance will help you to improve your sleep discover the right type and level of exercise for you find the best way for you to relax and find calm spot early signs of illness and disease fight burnout and chronic fatigue avoid inflammation in the body Start a conversation with your Wildhood Barbara Natterson-Horowitz, Kathryn Bowers, 2019-09-17 body It might have surprising things to tell you Publishers Weekly Most Anticipated Books of Fall 2019 A New York Times Editor's Pick People Best Books Fall 2019 Chicago Tribune 28 Books You Need to Read Now Booklist's Top Ten Sci Tech Books of 2019 It blew my mind to discover that teenage animals and teenage humans are so similar Both are naive risk takers I loved this book Temple Grandin author of Animals Make Us Human and Animals in Translation A revelatory investigation of human and animal adolescence and young adulthood from the New York Times bestselling authors of Zoobiguity With Wildhood Harvard evolutionary biologist Barbara Natterson Horowitz and award winning science writer Kathryn Bowers have created an entirely new way of thinking about the crucial vulnerable and exhilarating phase of life between childhood and adulthood across the animal kingdom In their

critically acclaimed bestseller Zoobiquity the authors revealed the essential connection between human and animal health In Wildhood they turn the same eye opening species spanning lens to adolescent young adult life Traveling around the world and drawing from their latest research they find that the same four universal challenges are faced by every adolescent human and animal on earth how to be safe how to navigate hierarchy how to court potential mates and how to feed oneself Safety Status Sex Self reliance How human and animal adolescents and young adults confront the challenges of wildhood shapes their adult destinies Natterson Horowitz and Bowers illuminate these core challenges through the lives of four animals in the wild Ursula a young king penguin Shrink a charismatic hyena Salt a matriarchal humpback whale and Slavc a roaming European wolf Through their riveting stories and those of countless others from adventurous eagles and rambunctious high schooler to inexperienced orcas and naive young soldiers readers get a vivid and game changing portrait of adolescent young adults as a horizontal tribe sharing behaviors and challenges setbacks and triumphs Upending our understanding of everything from risk taking and anxiety to the origins of privilege and the nature of sexual coercion and consent Wildhood is a profound and necessary guide to the perilous thrilling and universal journey to adulthood on planet earth

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