The Red Queen: Sex And The Evolution Of Human Nature

Matt Ridley

The Red Queen refers to the character in 'Through the Looking-glass', who has to keep running to stay in the same place. Matt Ridley, in his book 'The Red Queen: Sex And The Evolution Of Human Nature', explores the evolutionary psychology of sex. Ridley argues that sex is a product of culture, but culture is also a response to the environment, which includes other species and our own evolutionary history.

In the book, Ridley discusses how sex is not just a biological process, but also a cultural one. Humans have evolved to have sex for many reasons, including reproduction and the development of new traits. Ridley also discusses how sex is a tool for survival, helping humans to adapt to changing environments.

The book is divided into several parts, each focusing on a different aspect of human sexuality. Ridley covers topics such as mating strategies, the evolution of sexual dimorphism, and the role of hormones in sexual behavior.

Ridley's arguments are supported by scientific research, and he uses a variety of sources to back up his claims. He also draws on his own personal experiences and observations to illustrate his points.

Overall, 'The Red Queen: Sex And The Evolution Of Human Nature' is a compelling and informative book that provides a unique perspective on human sexuality. It is a must-read for anyone interested in evolutionary biology, psychology, or human nature.