



Biological Anthropology: A Holistic Approach to Studying Mankind (Revised Edition)

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The ten chapters in *Biological Anthropology: A Holistic Approach to Studying Mankind* give students a well-rounded introduction to the subject of anthropology in straightforward language, illustrated with many examples drawn from everyday life.

Anthropology studies humankind's social activities in their totality. Unlike other physical and social sciences or philosophy, anthropology has no predetermined boundaries, nor does it have exclusive interests. Anthropologists study humankind from both a nature and a nurture perspective, and the selections in this book, written by internationally renowned scholars who embrace various schools of thought, help to establish anthropology as a field of significance in the human biological sciences.

Written as independent pieces, the readings address topics of both human and scientific interest. These include: The Evolution of Skin Color; The Purpose of Sex; The Evolution of Menstruation; The Human Brain; and The Living Code of Heredity.

In reading through the selections, students become aware of the role of anthropology as a bridge between the hard and the soft sciences, encouraging complete and dynamic interaction. The book encourages students to focus, define their learning goals, and sharpen their skills through discussion and debate.

The objective presentation of the material allows students to question, think critically, and refine their own thoughts and opinions. The incorporation of various schools of thought enhances recognition that there are not necessarily "right" answers to questions of scientific inquiry.

Professor Dr. Lakhbir Singh is currently working as a Professor of Anthropology at Chabot College, Hayward, California. Dr. Singh earned his Master's and Doctorate degrees from the outstanding Panjab University. He has worked in various universities at different capacities. He sought voluntary retirement from the position of Professor and Chair, Department of Human Biology, Punjabi University. The author has published numerous research papers in reputed journals and has successfully guided many students to their doctorate degrees. Professor Singh is associated with a number of cultural and educational organizations and applies anthropology at every moment at home and elsewhere.

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