

# Episode 038 – Evolutionary Mismatch (1h14m)

Episode 038 is a discussion about evolutionary mismatch theory, and the various ways that our environments, lifestyles, and diets are mismatched to our evolution as a species, leading to negative consequences for our health and happiness.

Listen to Episode 038 (1h14m, mp3, 128kbps)

## Show Notes

Skyler's Column, "Evolutionary Mismatch"

Skyler's Column, "The Primal Insight: A Question of Needs"

E. Lloyd, D. Wilson, E. Sober, "Evolutionary Mismatch and What to Do About It: A Basic Tutorial"

Daniel Lieberman, *The Story of the Human Body*

John Durant, *The Paleo Manifesto*

Peter Gray, *Free to Learn*

NaturesPlatform.com, "Health Benefits of the Natural Squatting Position"

## Contact

Email a comment or question to [everythingvoluntary @ gmail.com](mailto:everythingvoluntary@gmail.com).

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