



Human by Design: From Evolution by Chance to Transformation by Choice

Gregg Braden

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Human by Design invites you on a journey beyond Darwin's theory of evolution, beginning with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world, than scientists have believed possible.

In one of the great ironies of the modern world, the science that was expected to solve life's mysteries has done just the opposite. New discoveries have led to more unanswered questions, created deeper mysteries, and brought us to the brink of forbidden territory when it comes to explaining our origin and existence. These discoveries reveal the following facts:

Fact 1. Our origin—Modern humans appeared suddenly on earth approximately 200,000 years ago, with the advanced brain, nervous system, and capabilities that set them apart from all other known forms of life *already developed*, rather than having developed slowly and gradually over a long periods of time. **Fact 2. Missing physical evidence**—The relationships shown on the conventional tree of human evolution are speculative connections only. While they are believed to exist, a 150-year search has failed to produce the physical evidence that confirms the relationships shown on the evolutionary family tree. **Fact 3. New DNA evidence**—The comparison of DNA between ancient Neanderthals, previously thought to be our ancestors, and early humans tells us that *we did not* descend from the Neanderthals. **Fact 4. A rare DNA fusion**—Advanced genome analysis reveals that the DNA that sets us apart from other primates, including in our advanced brain and nervous system, is the result of an ancient and precise fusion of genes occurring in a way that suggests something *beyond* evolution made our humanness possible. **Fact 5. Our extraordinary abilities**—We are born with the capacity to self-heal, to self-regulate longevity, to activate an enhanced immune response, and to experience deep intuition, sympathy, empathy, and, ultimately, compassion—and to do each of these on demand.

In this book, *New York Times* best-selling author and 2017 Templeton Award nominee Gregg Braden crosses the traditional boundaries of science and spirituality to answer the timeless question at the core of our existence—*Who are we?*—and to reveal science-based techniques that awaken our uniquely human experiences of deep intuition, precognition, advanced states of self-healing, and much more! Beyond any reasonable doubt, *Human by Design* reveals that we're not what we've been told, and much more than we've ever imagined.

Human by Design: From Evolution by Chance to Transformation by Choice Details

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Kris says

What an interesting theory -- the modern human emerged from Africa 200,000 years ago with a fused chromosome that differentiated us from any potential evolutionary ancestors. With this fusion we had access to intuition, compassion, speech, empathy, love and self-healing. Gregg Braden says we are intentionally "wired" to be self-regulating of our brains and nervous systems. We are not specks of dirt in the universe with no purpose. We are spiritual beings who value life and we are here to nurture each other. Once we get that, senseless killings, bullying, greed, etc. will have no place on our planet. It starts with our ability to recognize our own self-worth and the worth of every living being. We are more powerful than we could ever imagine.

Jean-Michel Desire says

I've simply got to raise my hat to Gregg. He has an amazing ability to bring his thorough research and even more incomparable ability to summarize his findings in a concise, legible and incredibly interesting manner. For anyone who truly has questions about our existence, where we come from and the possibility of a higher force, this book is enlightening. Of course, it does not have all the answers, but it surely triggers higher thinking and a renewed interest in the subjects of our humanness and our purpose on earth. This is another great winner on my list.

Kevin Schoeninger says

In his usual style, Gregg Braden combines the latest scientific research with ancient wisdom to reveal that some of our unquestioned assumptions don't hold up to the evidence. Most notably, he shows how evolution as we traditionally understand it simply isn't supported by the facts. The infinite complexity and connection of all Life points to a deeper Intelligence at work. Evolution is just one way life adapts. As humans, we are endowed with the ability to consciously step into our DNA library using mindfulness and compassionate action to activate certain genes and de-activate others to create vibrant health and positive change.

Cindy says

His best book yet in my opinion.

Roger Mendoza says

Interesting read.

Valerie says

Deeper Awareness

Thorough research on how we believe what we think and the impact of choices. Amazing how slow we are to change collectively in spite of advances in technology.

Robin Christensen says

Awesome! If you love science, biology, history, archeology, spirit, and anything else nonfiction-geeky, you'll love this book. I'm doing a second soak of Gregg Braden's Human by Design and this time, I'm taking notes.
