



# **Kinship to Mastery: Biophilia in Human Evolution and Development**

*Stephen Kellert*

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# Kinship to Mastery: Biophilia in Human Evolution and Development

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## **Kinship to Mastery: Biophilia in Human Evolution and Development** Stephen Kellert

Kinship to Mastery is a fascinating and accessible exploration of the notion of biophilia - the idea that humans, having evolved with the rest of creation, possess a biologically based attraction to nature and exhibit an innate affinity for life and lifelike processes. Stephen R. Kellert sets forth the idea that people exhibit different expressions of biophilia in different contexts, and demonstrates how our quality of life in the largest sense is dependent upon the richness of our connections with nature.

While the natural world provides us with material necessities - food, clothing, medicine, clean air, pure water - it just as importantly plays a key role in other aspects of our lives, including intellectual capacity, emotional bonding, aesthetic attraction, creativity, imagination, and even the recognition of a just and purposeful existence. As Kellert explains, each expression of biophilia shows how our physical, material, intellectual, emotional, and spiritual well-being is to a great extent dependent on our relationships with the natural world that surrounds us.

Kinship to Mastery is a thought-provoking examination of a concept that, while not widely known, has a significant and direct effect on the lives of people everywhere. Because the full expression of biophilia is integral to our overall health, our ongoing destruction of the environment could have far more serious consequences than many people think. In a readable and compelling style, Kellert describes and explains the concept of biophilia, and demonstrates to a general audience the wide-ranging implications of environmental degradation.

Kinship to Mastery continues the exploration of biophilia begun with Edward O. Wilson's landmark book *Biophilia* (Harvard University Press, 1984) and followed by *The Biophilia Hypothesis* (Island Press, 1993), co-edited by Wilson and Kellert, which brought together some of the most creative scientists of our time to explore Wilson's theory in depth.

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