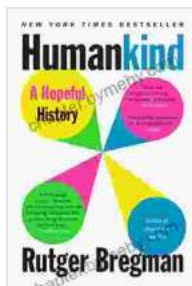


Humankind: A Hopeful History by Rutger Bregman

A Review

In his book *Humankind: A Hopeful History*, Rutger Bregman challenges the long-held belief that humans are inherently selfish and violent. Instead, he argues that we are fundamentally cooperative and compassionate creatures. Bregman draws on a wealth of evidence from history, anthropology, and psychology to support his thesis. He shows how humans have always been capable of great kindness and altruism, even in the darkest of times.



Humankind: A Hopeful History by Rutger Bregman

★★★★☆ 4.6 out of 5

Language	: English
File size	: 12420 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 481 pages



One of the most striking examples Bregman provides is the story of the Donner Party. In 1846, a group of American pioneers set out for California in a covered wagon train. But they soon became stranded in the Sierra Nevada mountains by a snowstorm. As the winter wore on, the pioneers began to starve. Eventually, some of them resorted to cannibalism.

But even in this extreme situation, Bregman argues, the pioneers showed signs of compassion. They shared their food with the weakest members of the group, and they even risked their own lives to save others. In the end, half of the pioneers survived the ordeal. Bregman believes that the Donner Party story shows that even in the most difficult circumstances, humans are capable of great kindness.

Another example Bregman cites is the story of the Holocaust. During the Holocaust, millions of Jews were murdered by the Nazis. But even in the midst of this horrific tragedy, there were countless stories of people who risked their own lives to save Jews. For example, Oskar Schindler, a German businessman, saved over 1,000 Jews by employing them in his factories.

Bregman argues that the Holocaust shows that even in the darkest of times, there is hope. He believes that humans are capable of great evil, but they are also capable of great good. He writes, "The Holocaust is a reminder of the depths to which humanity can sink, but it is also a testament to the resilience of the human spirit."

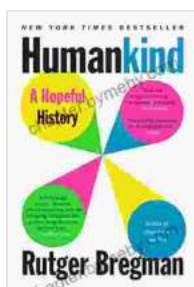
Humankind is a timely and important book that offers a much-needed antidote to the cynicism and despair that is so prevalent in our world today. Bregman's message is that humans are fundamentally good. We are capable of great kindness and compassion, even in the most difficult of circumstances. Humankind is a book that will give you hope for the future.

About the Author

Rutger Bregman is a Dutch historian and author. He is known for his work on the history of poverty and inequality. Bregman is the author of several

books, including *Humankind: A Hopeful History* and *Utopia for Realists: How We Can Build the Ideal World*. Bregman has been featured in *The New York Times*, *The Washington Post*, and *The Guardian*. He has also appeared on TED Talks and BBC Radio 4.

Humankind is a must-read for anyone who is interested in the history of humanity. Bregman's book is a timely and important reminder that humans are fundamentally good. We are capable of great kindness and compassion, even in the most difficult of circumstances. *Humankind* is a book that will give you hope for the future.



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