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North American Indians: A Very Short Introduction describes how nomadic bands of hunter-gatherers travelled over the Bering land mass between Asia and what is now Alaska from 25,000 to 15,000 years ago, settling throughout North America. When Europeans arrived in North America, between five and eight million indigenous people were already there. There was a great diversity of indigenous peoples in America, who spoke more than 400 different languages and whose ways of life varied according to the environments they settled in and adapted to. But how did they come to be there? What were their agricultural, spiritual, and hunting practices? How did their societies evolve and what challenges do they face today?