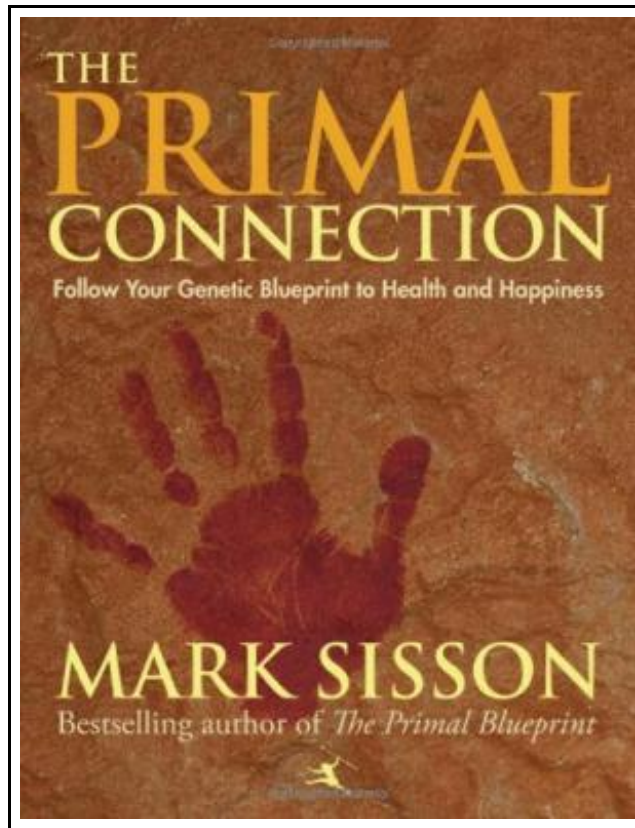


Primal Connection: Follow Your Genetic Blueprint to Health & Happiness



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Reviews

Basically no phrases to describe. I was able to comprehend everything out of this published ebook. You can expect to like the way the author compose this ebook.
(Mrs. Novella Will)

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Primal Nutrition, Inc. Hardback. Book Condition: new. BRAND NEW, Primal Connection: Follow Your Genetic Blueprint to Health & Happiness, Mark Sisson, Are You Hyperconnected 'and' Disconnected? The frenetic pace of modern life distracts us from a painful truth: we are disconnected. Disconnected from our DNA recipe, forged through the selection pressure of human evolution, to enjoy health, happiness, and peace of mind. Horns, office chatter, and whirring machines batter our ears with incessant noise. Artificial light and digital stimulation overstress our nervous systems day and night. Traffic jams, long lines, interruptions, distractions, and big egos pervade daily life in such a manner that we don't even realize the piece--or rather the peace--that's gone missing. In 'The Primal Connection', Mark Sisson, the leading voice in the Evolutionary Health movement, and bestselling author of 'The Primal Blueprint', presents innovative, step-by-step guidelines to reconnect you with the hard-wiring of the human brain, trigger the release of feel-good hormones, and promote optimal gene expression. 'The Primal Connection' is about setting your own daily pace, redefining your core values, and making time for play, for thrilling adventures, for quiet reflection, for friends and family, and for optimal rest and rejuvenation--while still enjoying the comfort and convenience of modern life! Time To Get Primal! *Go barefoot--cures foot and back pain *Play in the dirt--boosts mood and immune function *Wear sunglasses at night--promotes sound sleep *Family before Facebook--strengthens your inner circle *Commune with nature--relieves stress at the biochemical level *Power down when you should--learn to single-task *Cultivate an attitude of gratitude--appreciate simple gifts, roll with punches *Redefine wealth--includes free time, fun, and fitness too.



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