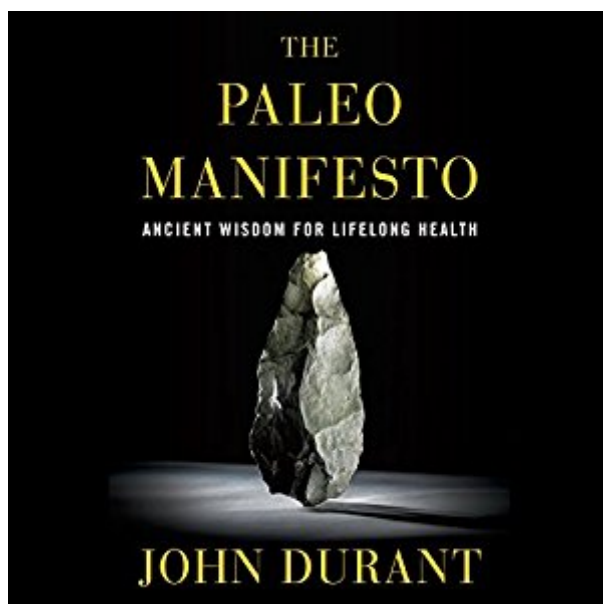


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# The Paleo Manifesto: Ancient Wisdom For Lifelong Health



## Synopsis

In *The Paleo Manifesto: Ancient Wisdom for Lifelong Health*, John Durant argues for an evolutionary - and revolutionary - approach to health. All animals, human or otherwise, thrive when they mimic key elements of life in their natural habitat. From diet to movement to sleep, this evolutionary perspective sheds light on some of our most pressing health concerns. What is causing the rise of chronic conditions, such as obesity, diabetes, and depression? Is eating red meat going to kill you? Is avoiding the sun actually the best way to avoid skin cancer? Durant takes listeners on a thrilling ride to the Paleolithic and beyond, unlocking the health secrets of our ancient ancestors. What do obese gorillas teach us about weight loss? How can Paleolithic skulls contain beautiful sets of teeth? Why is the Bible so obsessed with hygiene? What do NASA astronauts teach us about getting a good night's sleep? And how are Silicon Valley techies hacking the human body? Blending science and culture, anthropology and philosophy, John Durant distills the lessons from his adventures and shows how to apply them to day-to-day life, teaching people how to construct their own personal "habitat" that will enable them to thrive. The book doesn't just address what we eat, but why we eat it; not just how to exercise, but the purpose of functional movement; not just being healthy, but leading a purposeful life. Combining the best of ancient wisdom with cutting edge science, Durant crafts a vision of health that is both fresh and futuristic.

## Book Information

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## Customer Reviews

I didn't know what to expect from *The Paleo Manifesto*. My original thoughts were "Oh, great. Yet another paleo diet book. How many times/ways can we talk about the paleo diet?" But I was quite

relieved while reading this book and finding out that it was not another diet book. As John has discussed many times during his interviews, he did not set out to write another diet book. He wanted to write a book about the paleo lifestyle. He has said that he hates reading diet books. I'm beginning to feel the same way; so this book is a welcome relief from those. The Paleo Manifesto is divided into 3 parts: Origins (the past), Here and Now (the present), and Visions (the future). After Chapter 1 - where he tells the story of "Becoming the Caveman" including his appearance on Colbert - he starts Origins by discussing the health and behaviors of captive gorillas, comparing that to modern day humans being kept in a "zoo city" away from our natural environment. Then in the Paleolithic Age chapter, he tells about his trip to Harvard's Peabody Museum of Archaeology and Ethnology where he got to hold a skull from 80,000 years ago. He tells about the changes our Paleolithic ancestors went through leading up to the Agricultural Age. Chapter 4 is mostly a discussion about disease, cleanliness, and the rise of cities. In the chapter on the Industrial Age, John discusses the rise of modern society and medicine: "we learned how to not die." I really liked the discussion about habitat features in that chapter: "features that were constant (e.g., gravity), features that were cyclical over a certain period (e.g., day and night), and features that were varied within certain bounds (e.g., temperature)." This reminded me of Nassim Taleb's Antifragile which I read recently.

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