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## The Paleo Manifesto: Ancient Wisdom for Lifelong Health

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By John Durant

Harmony. Hardcover. Condition: New. 256 pages. From the fresh new leader of the Paleo movement, a guide to returning to the way our hunter-gatherer ancestors ate, moved, and lived in the wild. What do Paleolithic hunter-gatherers, wild gorillas, and six-year-old kids have in common? They teach us about the wild human animal inside all of us. Blending science, culture, anthropology, and philosophy, John Durant shows readers how to stay healthy and live with purpose in the most alien environment humans have known--the modern world. Durant takes readers on a thrilling ride--from isolated Trappist monasteries to Antarctic bases in the middle of winter to outer space. There may even be time for deer hunting. Let's get real: diet books are boring. But survival is exciting. Survival is about good and evil, sex and violence, life and death. Survival is about a band of brothers, warring mutant species, and sacred fertility. Dieting is low-fat rice cakes, counting calories, and cooked carrots. Take your pick. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.

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