

The Paleo Manifesto Ancient Wisdom For Lifelong Health

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The Paleo Manifesto Ancient Wisdom

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.

The Paleo Manifesto: Ancient Wisdom for Lifelong Health ...

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The Paleo Manifesto: Ancient Wisdom for Lifelong Health by ...

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The Paleo Manifesto by John Durant: 9780307889188 ...

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The Paleo Manifesto | Hunter Gatherer Hunter Gatherer

The Paleo Manifesto is an extraordinarily well researched examination of the history and science behind the paleo movement and is the first book to get when trying to get a handle on this fundamentally life-changing movement.

Amazon.com: Customer reviews: The Paleo Manifesto: Ancient ...

Plastic ... assholes.". — John Durant, The Paleo Manifesto: Ancient Wisdom for Lifelong Health. 4 likes. Like. "Even though a strict reading of a Paleolithic diet would include cannibalism, it is a practice that I have to discourage.

The Paleo Manifesto Quotes by John Durant

About The Paleo Manifesto is a masterpiece." —erwan le Corre, founder of MovNat "The Paleo Manifesto is the most up-to-date user manual for the human animal. A splendid synthesis of ancient wisdom and modern science, this book is essential reading." —barefoot teD mcDonald, ultrarunner, primal athlete, and founder of Luna Sandals

More Praise for

John Durant is the author of The Paleo Manifesto: Ancient Wisdom for Lifelong Health. Durant studied evolutionary psychology at Harvard prior to founding Paleo NYC and Barefoot Runners NYC, the ...

Is Paleo Just Another Fad Diet, Or Something More?

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The Paleo Manifesto on Apple Books

As John Durant, a founder of Paleo NYC and Barefoot Runners NYC, put it in his 2013 book, " The Paleo Manifesto: Ancient Wisdom for Lifelong Health," " other animals don't 'exercise' so much as they either play or just do what is required to survive.

Hunter Gatherer | John Durant Hunter Gatherer

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Paleo Manifesto: Ancient Wisdom for Lifelong Health ...

About John Durant: From his website: John Durant is an author and health entrepreneur. John recently released his first book - The Paleo Manifesto: Ancient Wisdom for Lifelong Health - in which he advocates using evolutionary principles to combat the global epidemic of obesity, diabetes, and other chronic health conditions.He studied evolutionary psychology at Harvard before moving to New ...

John Durant | Ultimate Paleo Guide

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.

The Paleo Manifesto by Durant, John (ebook)

The Paleo Manifesto (2013) is the go-to guide to going paleo. It explains why the Paleo diet is in sync with our ancestors' diet, and how you can use humanity's anthropological and evolutionary history to get fit, feel great and lead the healthy lifestyle you've always wanted to.

The Paleo Manifesto by John Durant - Blinkist

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Paleo Diet - Reason.com

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