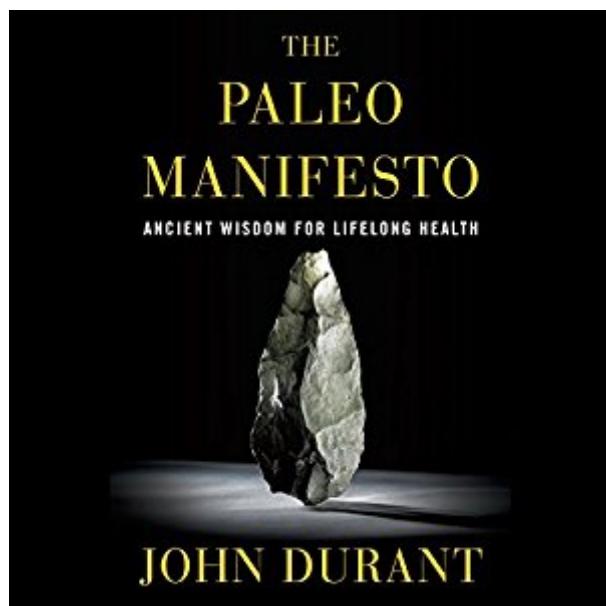


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# The Paleo Manifesto: Ancient Wisdom For Lifelong Health



## 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

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. If you are looking for one book on "Paleo" this is it and if you are already familiar with "Paleo" this is a must-have in your library.

I found this book absolutely fascinating. I majored in anthropology in college and this book made it clear how we (in civilization) have not been leading natural lives for the last few thousand years. 99% of our history has been defined by being hunter/gatherers. We evolved a biology around being hunter/gatherers over hundreds of thousands of years. The changes in our lifestyles started happening around 10,000 years ago, and that rate of change has increased. We have changed our diet, social interaction, and fitness levels drastically... mainly due to agriculture and technology. Although these things are advantageous for convenience, they can affect our biology and health in very negative ways.... Look at all the caffeine, anxiety, and obesity. The chapter on the health benefits of fasting was really intriguing. I would have definitely given this book 5 stars, but the last couple chapters took away from the rest of this important book. I dont know why Durant goes on a lecturing, attacking rant against feminism and vegetarianism in the final chapters. Dislike these things if you wish, your point was proven.. But calling vegetarianism a sign of mental illness was ridiculous! An amazing must read that got unnecessarily politically motivated in its conclusion.

Great book, great information, a helpful book to understand food and our body relationship. Anyone who is having any health issue could learn and change their life with this book. Very well written..

This is a great Paleo book and far more interesting than your typical book about the subject. The Paleo Manifesto goes much more into the why of the Paleo lifestyle and avoids focusing just on the diet aspect. I really enjoyed the historical overview, especially topics such as the spread of culture (both ideas and bacteria) and their role, as well as how the lifestyle fits into modern times and into the future. The discussion of sustainable food systems and how hunter/gatherers fit into the natural ecosystem is very interesting. There is also an excellent section regarding vegetarians and vegans that is sure to ruffle some feathers.I would recommend this for someone interested in jumping further into the Paleo lifestyle. Even if you are someone that is already very much into the lifestyle there are interesting sections in here. However, this might not be the best choice for those merely looking to find out about the diet aspect and aren't very interested in the rest. If you fall into this group you may find that this book actually sparks your interest in those other aspects of Paleo outside of diet.

The greatest attribute of The Paleo Manifesto is how simply it gives historical context to every aspect of the "paleo" lifestyle. While it's clear that the author has opinions about the healthiest choices we could all be making, his presentation of information was done without condescension. At no point did the author create a separation between "we paleo folks" and "you the uninformed". He, instead, looked at all of us as an evolving species with a past, present, and future who, as we enter the Information Age, have a massive opportunity to make choices based on everything we've learned up to this point in our evolution. Paleo followers would do right by passing a copy of The Paleo Manifesto to friends and family who want to understand why we do the "crazy" things we do. A fantastic addition to the glut of paleo publications already out there.

The title of this book makes you think you're signing up for a guilt trip into eating a paleo diet. Rather this book educates you on all the components of our historical and current life: food, habitat, disease. I happen to eat a paleo diet but didn't fully understand why before. Even if you don't or never will, you will learn a TON about what we all eat and do today versus where we came from not just in the paleo age but as we and history evolved. This will probably become my most gifted book.

I LOVE IT

A very thoughtful look at our modern age (Information) in the context of our past ages (Paleolithic, Agricultural, and Industrial). Durant chronicles his embrace of a hunter-gatherer lifestyle and explains how, despite rapid advances in technology over the past several hundred years, our bodies are still saddled with the genetic material cemented millions of years ago and haven't caught up with those technological advances. When one hears Paleo, one automatically thinks diet. But Durant addresses so much more here - environment, physical fitness, health, to name a few topics.

Excellent and thought provoking read!

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