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I opened The Paleo Manifesto not realizing that I had seen author John Durant present his caveman lifestyle on The Colbert Report a few years ago. He opens the interview with the statement that we, like zoo animals, are happiest and healthiest when we are in our natural habitat. That statement is the foundation of this book.

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Hunter Gatherer John Durant

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. Birds fly.

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John Durant Author of The Paleo Manifesto

John Durant is the author of The Paleo Manifesto (3.97 avg rating, 1266 ratings, 137 reviews, published 2013), Pictorial History of American Presidents (

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The Paleo Manifesto Ancient Wisdom for Lifelong Health

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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 .

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