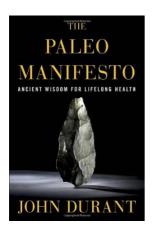
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PALEO MANIFESTO: ANCIENT WISDOM FOR LIFELONG HEALTH



Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 198 x 130 mm. Language: English. Brand New Book. 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...

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