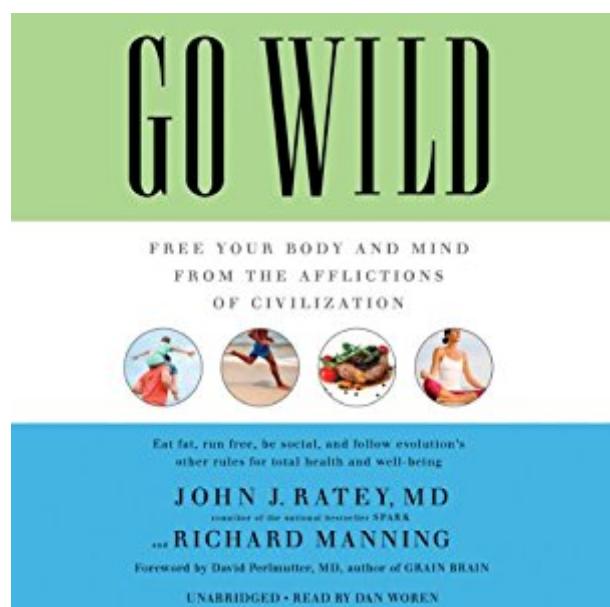


The book was found

Go Wild: Free Your Body And Mind From The Afflictions Of Civilization



Synopsis

The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In *Go Wild*, Harvard Medical School Professor John Ratey, MD, and journalist Richard Manning reveal that although civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness, and more, *Go Wild* examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and *Go Wild* will show you how.

Book Information

Audible Audio Edition

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Whispersync for Voice: Ready

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Customer Reviews

Mr. Ratey presents a viewpoint that I wish was receiving more attention about how our human metabolism is now mismatched with our urbanized way of eating and living. Very insightful. This book helped me understand much more clearly why our weight and mental state are under siege and that popular, well-publicized solutions don't address the real issues.

Totally sold on this book. It isn't your typical "Paleo" book, it endorses exercise and clean eating but with A LOT of scientific information that I had not yet heard. It isn't as structured and 'diet' based, more just encourages us to have fun and get down to our roots. It is very informative for all levels of

individuals interested in creating a healthy lifestyle. Changed the way we started viewing our current routines.

Very well written book! I really appreciated that the book lays out the reasoning and logic behind the life style it promotes. This book has changed my life! I no longer look at food choices as a diet, but rather as avoiding poison. Oddly enough it is a page turner as well. Everything makes so much sense, it is like they give you the key to the puzzle that's been right in front of you for years... I highly recommend this book to anyone who is serious about reversing the negative effects of, essentially, the "domestication" of humans...

I totally enjoyed this book it encourages us to open ourselves up to being responsible for enjoying and spending our life in an exploratory way creating our life as each of us should do becoming the child like character who doesn't waste our time with inA safe environment we need to take responsibility for your health and happiness andLearn to live love and create our own life

possibly the best book I have ever read. still trying to understand all the information it includes. I have given away 3 copies to friends already. it has helped every single person I know that has read it.

Very interesting, I found it easy to follow and backed by a significant amount of science. As with any of these types of books, they are selling you on there belief system. But, all in all it has sound scientific study behind it, and some of my fact checks seemed to support the studies cited. If you are into improving your life through diet and excise, this is a must read.

Go Wild! Summarize and most important integrates new and old research related to human development. Simple to understand gives some tips to those who want to live better life. Five stars with no doubt!

SO INFORMATIVE. If you're deciding whether or not to buy this book. Do it. You won't regret it.

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