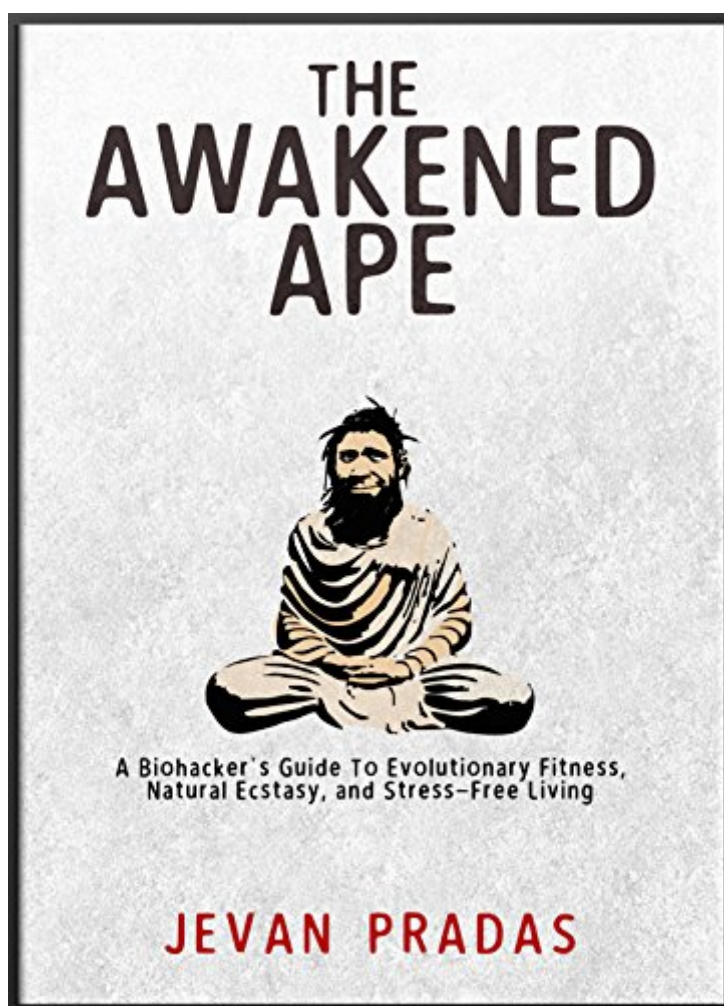


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The Awakened Ape: A Biohacker's Guide To Evolutionary Fitness, Natural Ecstasy, And Stress-Free Living



Synopsis

What secrets do ian tribes, Himalayan hermits, and enlightened monks know about health and happiness that have been lost to the world today? In *The Awakened Ape* Jevan Pradas uses evolutionary psychology to hack the human mind and body to answer the question: "How can we enjoy life to the fullest?" The results, while unexpected, are completely backed by science. Perpetually bored, anxious, fatigued and overweight, modern society has failed to deliver the happiness it promised. The remedy, Jevan argues, is in a unique synthesis of a Paleolithic lifestyle and Buddhist meditation. A sprawling journey, featuring Jevan's adventures with naked ian tribes and retreats with enlightened monks to learn the secrets of optimal well-being, *The Awakened Ape* will teach you how to achieve deep states of bliss. All while shaping your body into the fit and healthy animal millions of years of evolution programmed you to be. You will learn: How to meditate -- from instructions for the absolute beginner to techniques for deep states of ecstasy and awakening How to eat the optimally healthy diet for both physical and mental health How to train the attention span so you can be focused and efficient all day long How to exercise so that is fun, enjoyable, and something you look forward to How to get rid of the habit of negative thinking in just one week How to live like a caveman in the modern world in order to get the most out of your genetics How to properly go to the bathroom (Yes, you have been doing it wrong) And much, much, more..

Book Information

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Customer Reviews

This is not your average self help book. Jevan Pradas manages to make a practical science and anthropology based book an incredibly enjoyable read due to his clever writing, sharp wit, and interesting subject matter. He doesn't just write it; he lives it.

Refreshing perspective on the way humans are supposed to live life, backed by science and the personal experiences of Mr Pradas and his time living with ian tribes.

Loved this book - engaging, funny, and as you get to the end, very, very deep. For those who already practice meditation it's a great introduction into what we can learn from the lives and habits of hunter-gatherer societies, who from most ethnographic evidence we have seem to have lived much more relaxing, happy and satisfying lives than we do. Plus for those who have only dabbled in meditation and are curious what is possible at the deep end of the pool: this books points out the possibilities that go far beyond what 10 minutes a day on the headspace app might give you. For those already into paleo-everything, this is a great introduction to the possibilities of deep meditation practice.

The book had some insightful points, different ways at looking at things. I'm not going to say it changed my life but it was a good read. Chapter 2 "Happy Tribes" was very interesting.

I love this book. A few editing errors which is something I always find distracting, but truly one of those life changing books you always seem to find when you're ready for it.

Amazing book! I'm already looking forward to reading it a second time!

Great little book. I loved the chapter on positivity. Simple, but profound (nothing groundbreaking, simply another perspective)

Very interesting especially the tribal history and the viewpoint of how we have gotten so removed from our natural roots.

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