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1. Health behavior—History. 2. Prehistoric peoples—Health and hygiene. 3. High protein diet. 4. Nature and civilization. I. Malice, Michael. II. Title. RA776.9.D87 2013

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The Paleo Manifesto (2013) is the go-to guide to going paleo. It explains why the Paleo diet is in sync with our ancestors' diet, and how you can use humanity's anthropological and evolutionary history to get fit, feel great and lead the healthy lifestyle

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healthy and live with purpose in the modern world by returning to the way humanity's hunter-gatherer ancestors ate, moved, and lived in the wild.

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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

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red meat going to kill you? Is avoiding the sun actually the best way to avoid skin cancer? Durant takes readers 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

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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

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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,

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Durant crafts a vision of health that is both fresh and futuristic.

Combining science, culture, anthropology, and philosophy, explains how to stay healthy and live with purpose in the modern world by returning to the way humanity's hunter-gatherer ancestors ate, moved, and

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Made for dipping into again and again, *Whatcha Gonna Do with That Duck?* brings together the very best of Seth Godin's acclaimed blog and is a classic for fans both old and new. 'Getting your ducks in a row is a fine thing to do. But deciding what you are



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going to do with that duck is a far more important issue' Seth Godin is famous for bestselling books such as Purple Cow and cool entrepreneurial ventures such as Squidoo and the Domino Project. But to millions of loyal readers, he's best known for the daily burst of insight he provides every morning, rain or shine, via Seth's Blog. Since

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he started blogging in the early 1990s, he has written more than two million words and shaped the way we think about marketing, leadership, careers, innovation, creativity, and more. Much of his writing is inspirational and some is incendiary.

Collected here are six years of his best, most entertaining, and most poignant blog posts,

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the way people think about marketing, the ways ideas spread, leadership and change including Permission Marketing, Purple Cow, All Marketers are Liars, The Dip and Tribes. He is the CEO of Squidoo.com and a very popular lecturer. His blog, [www.sethgodin.typepad.com](http://www.sethgodin.typepad.com), is the most influential business blog in the world, and

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Suffering from chronic illness and unable to get satisfactory results from doctors, husband and wife scientists Paul and Shou-Ching Jaminet took an intensely personal interest in health and nutrition. They

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embarked on five years of rigorous research. What they found changed their lives—and the lives of thousands of their readers. In *Perfect Health Diet*, the Jaminets explain in layman's terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They

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show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet tells you exactly how to optimize health and make weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!



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A personal trainer and former competitive body builder offers a weight loss and fitness program that mimics the diet and activity pattern of humans' Paleolithic ancestors who hunted wild game and foraged for plants and berries. Original. 30,000 first printing.

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An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or

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we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In *Your Personal Paleo Code*, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual needs.

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Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, Your Personal Paleo Code offers natural solutions and an avalanche of groundbreaking advice on how

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to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research,

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Your Personal Paleo Code is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

When philosophy rescued him from an emotional crisis, Jules Evans became

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fascinated by how ideas invented over two thousand years ago can help us today. He interviewed soldiers, psychologists, gangsters, astronauts, and anarchists and discovered the ways that people are using philosophy now to build better lives. Ancient philosophy has inspired modern communities — Socratic caf é s, Stoic

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armies, Epicurean communes — and even whole nations in the quest for the good life. This book is an invitation to a dream school with a rowdy faculty that includes twelve of the greatest philosophers from the ancient world, sharing their lessons on happiness, resilience, and much more. Lively and inspiring, this is philosophy for the street, for



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little-known supernutrient that humans once thrived on-- and that has been ignored by scientists.

Shamatha meditation is a method for achieving previously inconceivable levels of concentration. Author B. Alan Wallace, an active participant in the much-publicized

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dialogues between Buddhists and scholars, has more than 20 years' practice in the discipline, some of it under the guidance of the Dalai Lama. This book is a definitive presentation of his knowledge of shamatha. It is aimed at the contemporary seeker who is distracted and defocused by the dizzying pace of modern life, as well as those suffering

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Beginning by addressing the inherent  
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