

The Primal Connection

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Mark Sisson

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Are You Hyperconnected and Disconnected? The frenetic pace of modern life distracts us from a painful truth: we are disconnected. Disconnected from our DNA recipe, forged through the selection pressure of human evolution, to enjoy health, happiness, and peace of mind. Horns, office chatter, and whirring machines batter our ears with incessant noise. Artificial light and digital stimulation overstress our nervous systems day and night. Traffic jams, long lines, interruptions, distractions, and big egos pervade daily life in such a manner that we don't even realize the pieces that have gone missing. In *The Primal Connection*, Mark Sisson, the leading voice in the Evolutionary Health movement, and bestselling author of *The Primal Blueprint*, presents innovative, step-by-step guidelines to reconnect you with the hard-wiring of the human brain, trigger the release of feel-good hormones, and promote optimal gene expression. *The Primal Connection* is about setting your own daily pace, redefining your core values, and making time for play, for thrilling adventures, for quiet reflection, for friends and family, and for optimal rest and rejuvenation while still enjoying the comfort and convenience of modern life! Time To Get Primal! *Go barefoot cures foot and back pain *Play in the dirt boosts mood and immune function *Wear sunglasses at night promotes sound sleep *Family before Facebook strengthens your inner circle *Commune with

naturerelieves stress at the biochemical level *Power down when you
shouldlearn to single-task *Cultivate an attitude of
gratitudeappreciate simple gifts, roll with punches *Redefine
wealthincludes free time, fun, and fitness too



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