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# The Primal Connection Follow Your Genetic Blueprint To Health And Happiness

## Mark Sisson

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In The Primal Connection, Mark Sisson (author of the bestseller The Primal Blueprint) presents step-by-step guidelines to reconnect you

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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, thrilling adventures, quiet reflection, friends and family, and for optimal rest and rejuvenation—while still enjoying the ...

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The Primal Connection presents a comprehensive plan to overcome the flawed mentality and hectic ...

**?The Primal Connection: Follow Your Genetic Blueprint to ...**

The Primal Connection: Follow Your Genetic

Blueprint to Health and Happiness by Mark Sisson is the ...

**The New Primal Blueprint : Reprogram Your Genes for ...**

The Primal Connection presents a comprehensive plan to overcome the flawed mentality and hectic pace of high-tech, modern life and reprogram your genes to become joyful, care-free, and at peace with the present. You'll make scientifically validated, highly intuitive connections across the board, emerging with a renewed appreciation for the simple pleasures of life and our most precious gifts of time, health, and love.

**The Primal Connection: Follow Your Genetic Blueprint to ...**

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**The Primal Connection: Follow Your Genetic Blueprint to ...**

This book is a good follow up to the Primal Blueprint. Sisson explores how we're all hard wired for a certain response to our environment, based on a genetic makeup inherited from our ancient

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ancestors. Sisson's voice is charming and personable. The book feels like he's conversing with the reader, not lecturing.

**The Primal Connection: Follow Your Genetic Blueprint to ...**

Primal Blueprint author Mark Sisson presents a fun, easy-to-follow, practical guidebook to help you "get Primal" in only 21 days. First, you'll learn eight key concepts that represent the most important day-to-day elements of living Primally, then tackle five action items that will enable you to literally reprogram your genes toward a long, healthy, and energetic life.

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Now is the perfect time to start a "passion career," says Rob Kingyens, Founder and CEO of New York-based online learning platform Yellowbrick. But many people struggle to even identify their passions, let alone connect them to a viable career path.

**Amazon.com: The Primal Connection: Follow Your Genetic ...**

The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness by Mark Sisson is a self-help non-fiction book published in 2013. It is 253 pages long, and is the second of the author's books on living a

"paleo" lifestyle for one's health and fitness.  
**The Primal Connection: Follow Your Genetic Blueprint to ...**

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 ...

**The Primal Connection Follow Your**

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*New York State Department of State*

The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness (English Edition) eBook: Mark Sisson: Amazon.de: Kindle-Shop

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## **The Primal Connection: Follow Your Genetic Blueprint to ...**

Lately I've been digging deeper into health looking beyond just diet, and instead embracing the importance of all aspects of our lifestyle. The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness by Mark Sisson is the best guide I've found so far to get started on this.

*The Primal Connection : Follow Your Genetic Blueprint to ...*

Besides The Primal Blueprint, Mark has authored The Primal Blueprint 21-day Total Body Transformation, The Primal Connection (which won the Eric Hoffer Award in 2013 for best self-published book, and the Ben Franklin Award silver medal in the mind/body/spirit category); and numerous other books on cooking, athletic training, and health.

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Primal Blueprint author Mark Sisson presents a fun, easy-to-follow, practical guidebook to help you "get Primal" in only 21 days. First, you'll learn eight key concepts that represent the most important day-to-day elements of living Primally, then tackle five action items that will enable you to literally reprogram your genes toward a long, healthy, and energetic life.