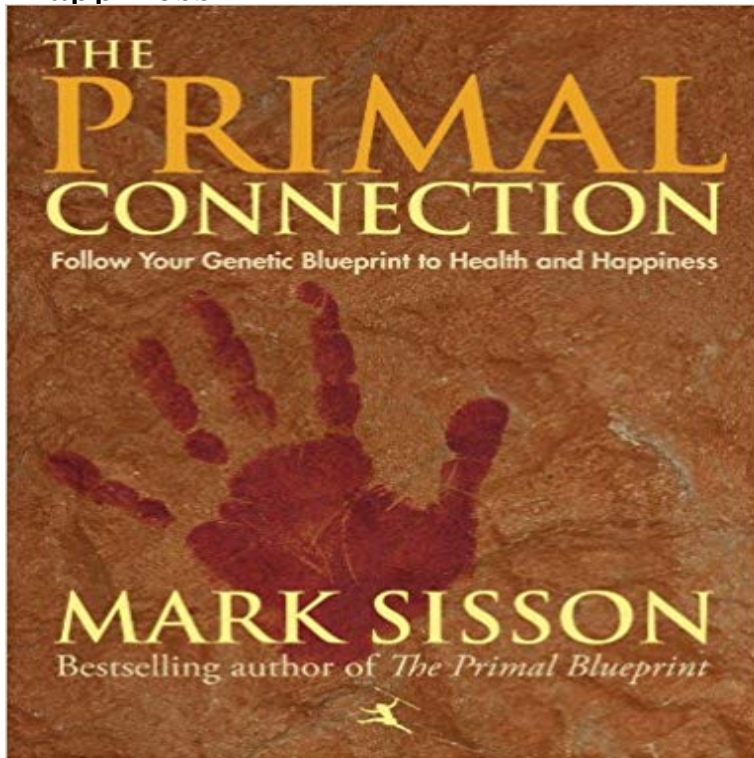


# The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness



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 piece--or rather the peace--that's 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 nature--relieves stress at the biochemical level
- \*Power down when you should--learn to single-task
- \*Cultivate an attitude of gratitude--appreciate simple gifts, roll with punches
- \*Redefine wealth--includes free time, fun, and fitness too

**Primal Connection Q&A With Author Mark Sisson**

**Q:** How does this book differ from *The Primal Blueprint*?

**A:** *The Primal Blueprint* focused on the ten lifestyle laws of our

hunter-gatherer ancestors, with particular emphasis on what seem to be the most urgent and obvious life changing elements of the Evolutionary Health movement: eating primal foods (meat, fish, fowl, eggs, vegetables, fruits, nuts and seeds) and exercising in a manner aligned with optimal gene expression (frequent comfortably paced movement coupled with brief, intense strength and sprint workouts). The Primal Connection extends the primal theme to matters of the psyche and the disconnects inherent with high tech modern life and how to fix things. Q: How are the connections categorized? A: There are six sections of the book offering scientific rationale and step-by-step action plans to make assorted connections as follows: \*Inner Dialogue: Reject self-doubt and gain mastery over your thoughts and actions. Learn the ten habits of highly effective hunter-gatherers: dealing with personal conflict, letting go of the past, reevaluating your definition of affluence, and trusting your gut instincts. \*Body: Learn how to safely and gradually transition to a barefoot-dominant lifestyle, including workouts. Learn correct posture and movement mechanics--maybe for the first time ever! Understand the transformative power of touch and how to leverage it in daily life. Learn the importance of frequent, comfortably paced movement, including taking regular breaks from prolonged sedentary periods, and even how to create a standup work environment to enhance concentration, circulation, and fat metabolism. \*Nature: Relieve stress at the biochemical level simply by immersing into pleasant natural surroundings.

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