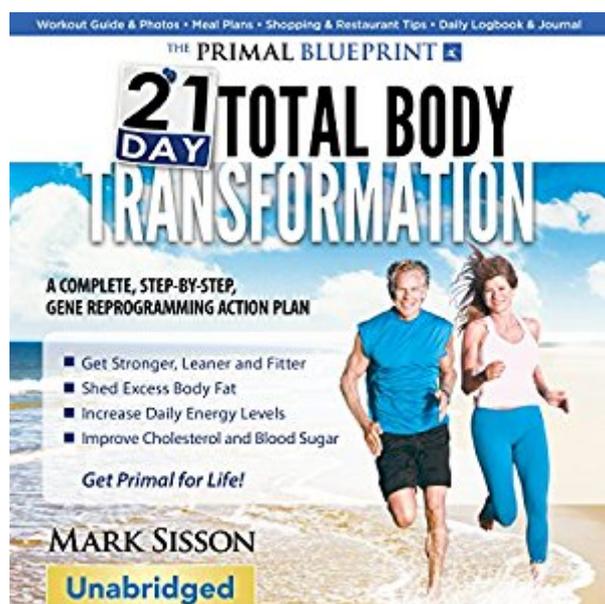


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# The Primal Blueprint 21-Day Total Body Transformation: A Step-by-Step, Gene Reprogramming Action Plan



## Synopsis

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. The action items are presented in a fun and life-transforming 21-Day Challenge, featuring daily diet, exercise, and lifestyle endeavors with corresponding journal exercises. You'll transition out of the regimented, carb-dependent, fat-storing Standard American Diet (SAD), the chronic, overly-stressful exercise patterns recommended by conventional wisdom, and other health-compromising elements of hectic modern life. Instead, you'll smoothly implement the evolution-tested lifestyle behaviors of our hunter-gatherer ancestors to promote optimal gene expression. By eating primally, you'll transform from a "sugar-burner" into a Sisson's so-called "fat burning beast", where stored body fat becomes your preferred fuel choice, and energy, hormone, metabolic, and immune function are optimized automatically. With an intuitive mix of Primal workouts, you'll get exceptionally fit in only a few hours per week - and have fun while you're at it!

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 19 minutes

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## Customer Reviews

I have been a big fan of Mark Sisson and his very sensible, well-reasoned, and comprehensive approach to living our lives so that they more closely align with the way our bodies were meant to be -- good food, adequate sleep, ongoing moderate exercise with occasional intense spikes, and intermittent fasting . His basic book (Primal Blueprint) is very easy to read and his website (Mark's

Daily Apple) continuously provides information on a very wide range of topics. What I like about Mark's approach is that it seems to be based on good science (he has a degree in biology) and really isn't extreme -- his approach to lifestyle is that we make a number of mostly small changes most of the time. There really is not much new in the book if you have read "The Primal Blueprint" or delved into Mark's website, but it is organized in very easy to follow sections that tell you about various things you need to do to become primal and then concludes with the 21-day plan, i.e., the 3-4 specific things you should do each day over 3 weeks. This really is not a one-time, three-week program though but the roadmap to transition to some long term lifestyle changes that bring our bodies and routines back to where we have been for most of our specie's existence (with room for the occasional dessert!). I would highly recommend this book if you want a clear guide to how to shift to a primal lifestyle (you will feel better for the effort!) or want to help someone else easily adopt the primal lifestyle. It is easy to read and quite comprehensive, though you can always go to the "Primal Blueprint" or better yet I think Mark's website for more information. One of the rare books I would give 6 stars to, though mostly for the excellent content!

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