

GO WILD

FREE YOUR BODY AND MIND
FROM THE AFFLICTIONS
OF CIVILIZATION



Eat fat, run free, be social, and follow evolution's
other rules for total health and well-being

JOHN J. RATEY, MD

coauthor of the national bestseller SPARK

and **RICHARD MANNING**

Foreword by David Perlmutter, MD, author of GRAIN BRAIN

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rendent heureux adoptez sa simplissime méthode en deux étapes et expérimentez la