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The Paleo Manifesto by John Durant is one of the most important books of our time on the Paleo lifestyle, right up there with Loren Cordain's *The Paleo Diet*, and Robb Wolf's *The Paleo Solution* a vital addition to your collection if you are at all serious about understanding paleo living on an in-depth level.

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Author of *The Paleo Manifesto* and professional caveman, John Durant, came on Bulletproof Radio to chat about primitive living in an urban jungle. In this fun and down-to-earth episode you'll hear John and I talk about Paleo

being a biohack and cricket-based protein! Whether you live in a cave now or just plan on retiring []

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The Paleo Manifesto is a slick, information-rich, extremely appealing ma For the most part, I found myself being swept up into a yeah, yeah, yeah vibe--the one you get, you know, when you are being marketed to.

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The Paleo Manifesto is an extraordinarily well researched examination of the history and science behind the paleo movement and is the first book to get when trying to get a handle on this fundamentally life-changing movement. If you are looking for one book on "Paleo" this is it and if you are already familiar with "Paleo" this is a must-have in your library.

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In "The Paleo Manifesto: Ancient Wisdom for Lifelong Health," John Durant argues for an evolutionary -- and revolutionary -- approach to health. All animals, human or otherwise, thrive when they

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John Durant is author of The Paleo Manifesto and founder of Wild Ventures. He has been featured in the New York Times, The New Yorker, NPR, and interviewed on Colbert.

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Reading There is no shortage of Paleo bibles, including The Paleo Diet, by Loren Cordain, Robb Wolf's The Paleo Solution and John Durant's Paleo Manifesto. This comes four and a half years after the original NYT Style section piece on paleo .