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Positively Primal : Finding Health and Happiness in a Hectic World

By Woolf Emma

Paperback. Book Condition: New. Not Signed; Description: What if life could be simpler and slower, purer and more primal? What if we had more time to gaze out of the window or walk barefoot in the grass, to cook with fresh ingredients, to spend time with friends and family, to create and invent and explore. what if we made real, human company a priority over digital distraction and virtual reality? Our world of constant connection can leave us feeling disconnected and dissatisfied; the more time we spend looking at our screens, the less our real lives make sense. Positively Primal is a rallying cry for a more human-friendly, earth-friendly existence, drawing on everything from modern science to ancient philosophy, contemporary culture to common sense. This book will take you on a journey to reconnect with the natural world around you and with the food you eat, to rediscover your body's fitness and strength, to improve relationships with yourself and others, and to find fulfilment in work. Positively Primal is a greener, cleaner pathway to a healthier lifestyle for you, body and soul. book.



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