



The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan

By Mark Sisson

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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 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!

The Primal Blueprint 21-Day Transformation is stocked with photos, diagrams, concise section summaries, workout descriptions and photos, resource lists for Primal-approved foods and foods to avoid, recipe suggestions, and detailed real-life success stories to help you stay confident and focused on your Primal journey.

Unlike many complex, regimented, quick-fix programs, the Primal Blueprint 21-Day Transformation is a simple, sensibly-paced journey shaped by personal preference and a strong emphasis on enjoying comfortable modern life. The material is scalable for everyone, from Type-A fitness die-hards who might benefit from a more relaxed approach, to couch potatoes who need motivation to take that first step.

Mark Sisson guides you in a light-hearted, irreverent tone that will make you feel comfortable and inspired, and never intimidated. You can expect quick results in the first 21 days (fat loss, improved energy levels, fitness, and blood test markers), but your 21-Day Transformation is only the beginning of a life of ease and contentment that is possible when you live in harmony with your genetic requirements for health and longevity.

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Editorial Review

Review

Improve cholesterol and blood sugar, increase your energy and productivity and reduce stress

Build or sculpt a lean, fit, swimsuit-ready body in record time with minimal effort and no pain and suffering

Author's blog marksdailyapple.com is one of the top health and fitness destinations on the Internet with over 700,000 unique visitors each month.

Author is a leading voice in the low-carb Paleo market. Book will be featured daily in advertising on author's blog.

Step-by-step action plan to lose 2-3 pounds of body fat each week indefinitely until you hit your genetic ideal body composition

A step-by-step action plan to lose 2-3 pounds of body fat each week indefinitely until you hit your genetic ideal body composition

Mark Sisson, author of the best-selling "Primal Blueprint", publisher of the top health blog MarksDailyApple.com and de-facto leader of the Primal/paleo/evolutionary health movement, 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 life-influencing components of the Primal Blueprint, then tackle five Action Items that will enable you to literally reprogram your genes toward a long, healthy, and energetic life.

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About the Author

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, *The Primal Blueprint*, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

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The particular book *The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan* will bring that you the new experience of reading any book. The author style to explain the idea is very unique. When you try to find new book you just read, this book very ideal to you. The book *The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan* is much recommended to you you just read. You can also get the e-book through the official web site, so you can more easily to read the book.

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Daniel Starnes:

Is it an individual who having spare time subsequently spend it whole day through watching television programs or just telling lies on the bed? Do you need something new? This *The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan* can be the answer, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this new era is common not a nerd activity. So what these guides have than the others?

Crystal Babin:

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