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### Go Wild Free Your Body

Go Wild: Free Your Body and Mind from the Afflictions of Civilization - Kindle edition by Ratey, John J., Richard Manning, Perlmutter, David. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.

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I was quite excited to get my copy of Go Wild: Free Your Body and Mind from the Afflictions of Civilization; in fact, I opened it immediately and read it in two sittings (with a dog walk between the two.) Overall, I found this book to be both fascinating and frustrating, and some chapters were definitely better than others.

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Go Wild: Free Your Body and Mind from the Afflictions of Civilization John J. Ratey, M.D., and Richard Manning. Little, Brown, \$27 (288p) ISBN 978-0-316-24609-5

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Go Wild: Eat Fat, Run Free, Be Social, and Follow Evolution's Other Rules for Total Health and Well-being [Ratey MD, John J., Manning, Richard, Perlmutter MD, David] on Amazon.com. \*FREE\* shipping on qualifying offers.

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