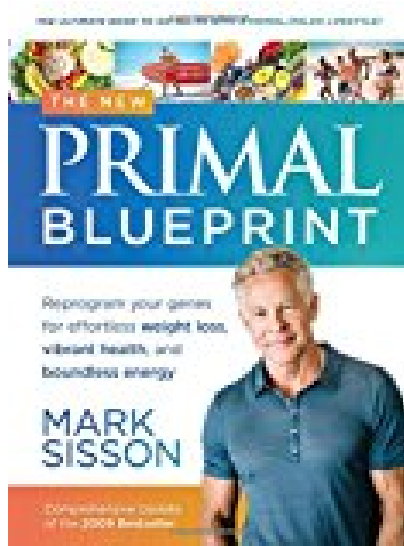


# The New Primal Blueprint Reprogram Your Genes for Effortless Weight Loss Vibrant Health and Boundless Energy

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## BOOK DETAILS

- Author : Mark Sisson
- Pages : 568 Pages
- Publisher : Primal Nutrition, Inc.
- Language : English
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## **BOOK SYNOPSIS**

Explores the genetic reasons behind why people feel depressed and unfulfilled in spite of positive outward circumstances, outlining simple lifestyle strategies for promoting personal contentment.

### **THE NEW PRIMAL BLUEPRINT REPROGRAM YOUR GENES FOR EFFORTLESS WEIGHT LOSS VIBRANT HEALTH AND BOUNDLESS ENERGY**

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