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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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Civilization Audio CD - Audiobook, CD, Unabridged by John J. Ratey MD (Author), Richard Manning (Author), Dan Woren (Reader), 4.6 out of 5 stars 126 ratings

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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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Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, mindfulness and more, Go Wild examines how tapping into our core DNA combats modern disease and psychological afflictions, from autism and depression to diabetes and heart disease.

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