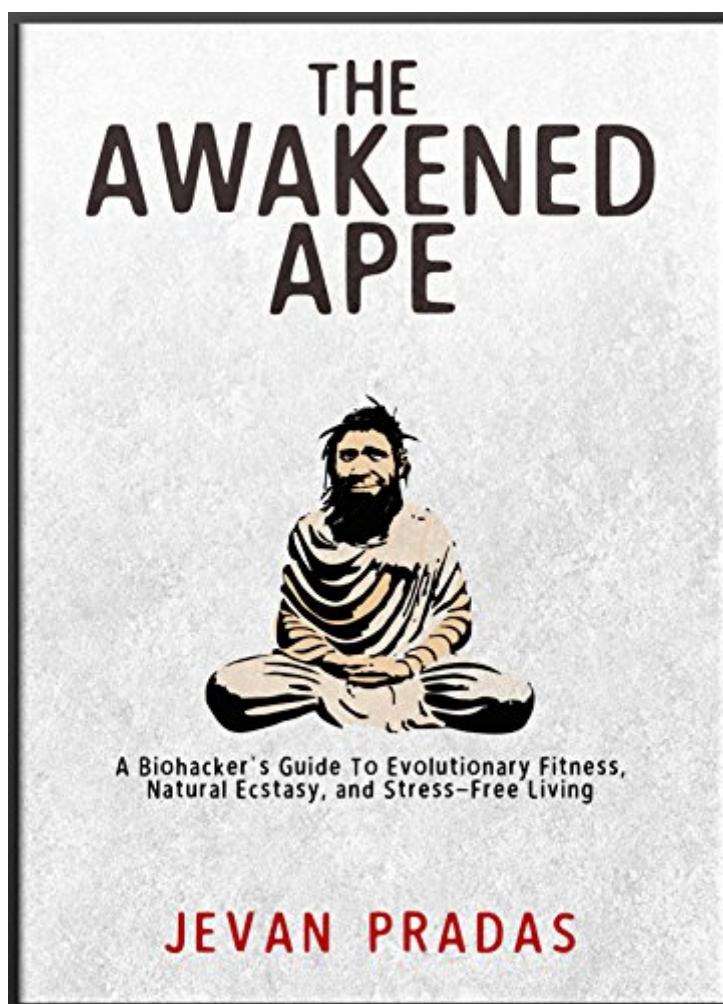


The book was found

# The Awakened Ape: A Biohacker's Guide To Evolutionary Fitness, Natural Ecstasy, And Stress-Free Living



## Synopsis

What secrets do ian tribes, Himalayan hermits, and enlightened monks know about health and happiness that have been lost to the world today?In The Awakened Ape Jevan Pradas uses evolutionary psychology to hack the human mind and body to answer the question: "How can we enjoy life to the fullest?" The results, while unexpected, are completely backed by science. Perpetually bored, anxious, fatigued and overweight, modern society has failed to deliver the happiness it promised. The remedy, Jevan argues, is in a unique synthesis of a Paleolithic lifestyle and Buddhist meditation. A sprawling journey, featuring Jevan's adventures with naked ian tribes and retreats with enlightened monks to learn the secrets of optimal well-being, The Awakened Ape will teach you how to achieve deep states of bliss. All while shaping your body into the fit and healthy animal millions of years of evolution programmed you to be. You will learn:How to meditate -- from instructions for the absolute beginner to techniques for deep states of ecstasy and awakeningHow to eat the optimally healthy diet for both physical and mental healthHow to train the attention span so you can be focused and efficient all day longHow to exercise so that is fun, enjoyable, and something you look forward toHow to get rid of the habit of negative thinking in just one weekHow to live like a caveman in the modern world in order to get the most out of your geneticsHow to properly go to the bathroom (Yes, you have been doing it wrong)And much, much, more..

## Book Information

File Size: 2393 KB

Print Length: 291 pages

Page Numbers Source ISBN: 1520442548

Simultaneous Device Usage: Unlimited

Publication Date: January 11, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01MSJN3Q4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #17,530 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Theravada #3 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #13 in Kindle Store > Kindle eBooks > Nonfiction > Science > Evolution

## **Customer Reviews**

This is not your average self help book. Jevan Pradas manages to make a practical science and anthropology based book an incredibly enjoyable read due to his clever writing, sharp wit, and interesting subject matter. He doesn't just write it; he lives it.

Refreshing perspective on the way humans are supposed to live life, backed by science and the personal experiences of Mr Pradas and his time living with ian tribes.

Loved this book - engaging, funny, and as you get to the end, very, very deep. For those who already practice meditation it's a great introduction into what we can learn from the lives and habits of hunter-gatherer societies, who from most ethnographic evidence we have seem to have lived much more relaxing, happy and satisfying lives than we do. Plus for those who have only dabbled in meditation and are curious what is possible at the deep end of the pool: this books points out the possibilities that go far beyond what 10 minutes a day on the headspace app might give you. For those already into paleo-everything, this is a great introduction to the possibilities of deep meditation practice.

The book had some insightful points, different ways at looking at things. I'm not going to say it changed my life but it was a good read. Chapter 2 "Happy Tribes" was very interesting.

I love this book. A few editing errors which is something I always find distracting, but truly one of those life changing books you always seem to find when you're ready for it.

Amazing book! I'm already looking forward to reading it a second time!

Great little book. I loved the chapter on positivity. Simple, but profound (nothing groundbreaking, simply another perspective)

Very interesting especially the tribal history and the viewpoint of how we have gotten so removed from our natural roots.

[Download to continue reading...](#)

The Awakened Ape: A Biohacker's Guide to Evolutionary Fitness, Natural Ecstasy, and Stress-Free Living Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Evolutionary Algorithms in Theory and Practice: Evolution Strategies, Evolutionary Programming, Genetic Algorithms Evolutionary Algorithms for Solving Multi-Objective Problems (Genetic and Evolutionary Computation) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) Full Time RV Living: The Essential Guide to Stress-Free Living in an RV for Independence, Simplicity, and Endless Travel ~ ( RV Lifestyle | Full Time RVing ) Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Motorhome: Living For Beginners: How To Live The Simple, Stress Free, RV Lifestyle, Become, Independent, &, Debt Free, (Buying A Used RV, Motorhome Touring, ... Life Hacks Book, Prep,

Prep Kindle Book 1) Motorhome Living for Beginners: How to Live the Simple, Stress Free RV Lifestyle, Become Independent & Debt Free Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)