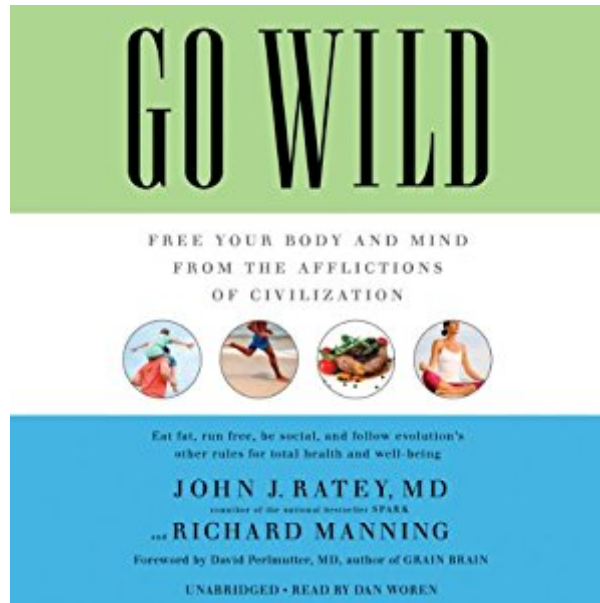


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# Go Wild: Free Your Body And Mind From The Afflictions Of Civilization



## Synopsis

The scientific evidence behind why maintaining a lifestyle more like that of our ancestors will restore our health and well-being. In *Go Wild*, Harvard Medical School Professor John Ratey, MD, and journalist Richard Manning reveal that although civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. 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. By focusing on the ways of the past, it is possible to secure a healthier and happier future, and *Go Wild* will show you how.

## Book Information

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## Customer Reviews

*Go Wild* was written by Dr. John Ratey and Richard Manning. I'm a Manning fan, and I was hoping for a book with rhythms similar to the writing of Tom Brown, Richard Nelson, or Jay Griffiths' work rooted in a spiritual connection to the family of life. Our current path is a dead end. If Big Mama Nature decides to let two-legged animals have a future, the key to survival is returning to a path of reverence, respect, and balance, like our ancient African ancestors lived. Be aware that *Go Wild* does not take you on a fascinating tour of wild cultures. The authors did not live with wild people, or interview any. The book will not thoroughly erase your cultural programming and make you wild and free, nor will it transform you into a wild hunter-gatherer, shaman, sorcerer, or medicine

woman. The book's subtitle is "Free Your Body and Mind from the Afflictions of Civilization." • But most of the major afflictions of civilization are not targeted — automobiles, television, cell phones, computers, education, wage slavery, materialism, submitting to masters. Despite this omission, the book does provide interesting discussions about a variety of lesser-known afflictions. *Go Wild* is a self-help book that offers many suggestions for eating better and living better. Sugar is poison. Shun grains, including whole grains, and avoid all other foods rich in carbohydrates — bananas, honey, potatoes, organic fruit juice, and so on. It's far healthier to get your calories from fats. Run regularly, outdoors, not on a treadmill. Sleep 8.5 hours every night. Avoid artificial light. Forge tribe-like bonds with your marathon-running buddies. Practice meditation to revive your mindfulness, contentment, and joy.

**PROS:** If you have never heard of a Paleo lifestyle, this book might be a good introduction. It contains very basic information and a little bit of advice, as well as a few scientific studies to back up some of the authors' claims. **CONS:** This book was very autobiographical and focused heavily on the two authors' experiences. I had hoped for a lot of interesting practical advice, but most of the advice that was given was pretty basic: "Get more sleep." "Don't sleep with dogs barking; use soothing sounds instead." "Eat little to no grain." "Spend time in nature." "Spend time with people." The worst thing about the book was that it had no endnotes, footnotes, or bibliography, so every time I came across a study they discussed, I had no way to check up on what the original study was or what it said. Often, they would make scientific claims that I remembered reading debunked, so that was especially frustrating. I couldn't tell if they were using the old studies I had seen debunked, or some kind of newer version I had not heard of and that was better run than the original. The book is very pro-running, which seemed more an artifact of the authors' personal preference than actual data. If you like running, that's great, but you need a lot more evidence before you can claim that all hunters run long-distance or that evolutionary adaptations since humankind's spreading from Africa haven't changed things. (Incidentally, their argument for why running long distances must be the best exercise is based on the idea that many hunters in African hunter-gatherer groups run down antelopes. Sorry, but were the women in these hunter-gatherer groups hunters, too? If they weren't hunting, why would they be running such long distances so frequently?

With a title like "Go Wild" you may have the impression that the concept is to move to the woods, eat leaves and start running barefoot. It's nothing like that... although... The main theme from this book written by a Harvard medical doctor (psychiatrist) and an award-winning journalist is how do

we get back to health and fulfillment before modern society took over. Actually, the authors go way back to pre-Neanderthal man through hunting/gathering societies and then to agricultural societies to see how these changes of civilization as a whole has created a negative impact on our lives today. The hunter/gatherer (or "wild" part of the premise) vs agricultural society is interesting as a hook, but I would have liked a comparison in how more recent societies (say pre-WWII), even here in the US, used the principles in this book for better body and mind: fresh air, regular, outdoor exercise, unprocessed, seasonal food, full night's sleep, tight communities. Some of what Dr. Ratey and Mr. Manning said makes sense, but outdoor running isn't for everyone--nor how millions of people used to get their exercise--and dropping all carbs really depends on more than being someone who lives in the US. BIG PRO: Dr. Ratey/ Mr. Manning had many examples of studies and important topics, ex. getting Vitamin D (sitting in front of a window indoors isn't the same as outdoors) and belonging to a "Tribe" or community (which we've almost completely lost in the US. Facebook ain't it, right? But Christmas with the relatives, nightmare). I was particularly interested in the topic of how abuse in childhood has a long term affect on the health and well-being of the person years later. This is a serious topic that I think needs to be addressed more.

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