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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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