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THE PRIMAL BLUEPRINT 90-DAY JOURNAL: A PERSONAL EXPERIMENT (N=1)



Midpoint Trade Books, United Kingdom, 2012. Spiral bound. Book Condition: New. Ent of One! ed.. 226 x 188 mm. Language: English . Brand New Book. The Primal Blueprint 90-Day Journal -- A Personal Experiment is a comprehensive diet, exercise, and lifestyle logbook/journal to help you stay focused, accountable, and motivated to live Primally. The n=1 (an experiment of one) format allows you to dial in the exact foods, workout patterns, and supporting lifestyle behaviors you need to peak -- with...

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- Authored by Mark Sisson
- Released at 2012



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