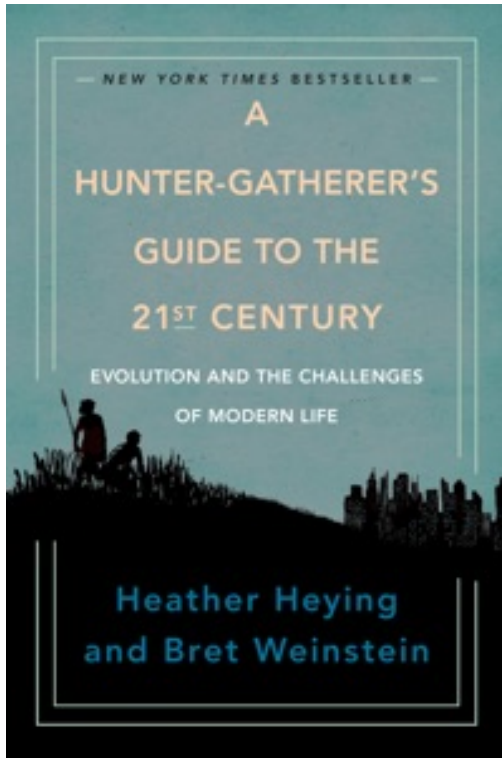


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In this book, Heying and Weinstein cut through the politically fraught discourse surrounding issues like sex, gender, diet, parenting, sleep, education, and more to outline a provocative, science-based worldview that will empower you to live a better, wiser life. They distill more than 20 years of research and first-hand accounts from the most biodiverse ecosystems on Earth into straight forward principles and guidance for confronting our culture of hyper-novelty.

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