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He's also a professor at the University of Nevada, Las Vegas (UNLV). Enter your info below to receive a free PDF that contains a chapter-by-chapter, annotated guide to the sources featured in *The Comfort Crisis*. My *The Comfort Crisis*. He writes the 2% Newsletter, a popular newsletter on all aspects of health and wellness. Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild. About *The Comfort Crisis* Discover the evolutionary mind and body *The Comfort Crisis*. In many ways, we're more comfortable than ever before In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort Read & Download File PDF *The Comfort Crisis* by Michael Easter, Update the latest version with high-quality. Try NOW! In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are Thanks for your interest in the research that went into *The Comfort Crisis*. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand *Missing*: pdf *The Comfort Crisis* is a bold call to break out of your comfort zone and explore the wild within yourself. Get The Document *The Comfort Crisis* is a bold call to break out of your comfort zone and explore the wild within yourself. Embrace Discomfort to Reclaim Your Wild, Healthy, Happy Self. He lives in Las Vegas on the edge of the desert with his wife and their two dogs Discover the evolutionary mind and body benefits of living at the edges of your comfort Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild —from the New York Times bestselling author of *Missing*: pdf In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who *Missing*: pdf In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who In *The Comfort Crisis*, Michael Easter argues that the cozy conveniences of the Western world harm our health and happiness by depriving us of challenges that our ancestors I publish my ideas in my bestselling books — NEW YORK TIMES BESTSELLER, *Scarcity Brain* and — *The Comfort Crisis* — and in my newsletter, 2% with Michael Easter. Since publication, *The Comfort Crisis* has become a bestseller and been adopted by Major League Baseball teams, top-ranked NCAA D1 football programs, top-tier universities and law programs, major corporations, tier-one military units, and more Read & Download File PDF *The Comfort Crisis* by Michael Easter, Update the latest version with high-quality. Embrace Discomfort to Reclaim Your Wild, Healthy, Happy Self. Try NOW! Michael Easter is the author of *The Comfort Crisis* and *Scarcity Brain*.