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Primal Blueprint Day-to-Day 2017 Desk Calendar: Daily Tips and Inspiration for Primal Living

Mark Sisson

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The *Primal Blueprint Day-to-Day 2017 Desk Calendar* is a handy desktop calendar with daily messages about primal eating, exercising, and living. Peel a day off the pad and save your favorites, and enjoy a creative and informative new message each day of the year. Each month has a theme relating to one of the ten Primal Blueprint lifestyle laws and the ten Primal Connection laws, while each day of the week repeats with a theme of recipe, exercise, nature experience/connection, reflective journal exercise, and so on.

This desktop calendar in the familiar 6-inch square format is a fabulous gift idea for your favorite primal enthusiast. It also serves as a great introduction to primal living by providing simple, bite-sized inspirations and practical tips to enjoy primal living one day at a time!

(Carrie and Mark Sisson)

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