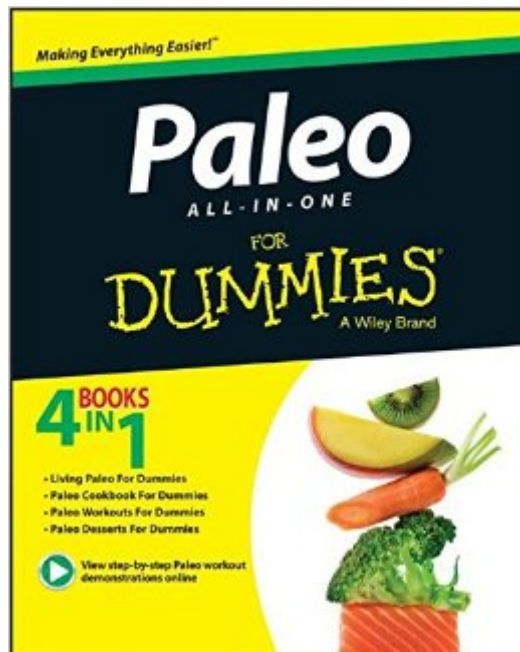


The book was found

Paleo All-In-One For Dummies



Synopsis

Live the Paleo lifestyle to get healthy and fit with natural foods Paleo All-In-One For Dummies is the powerhouse resource that includes all the information you'll need to get started with the Paleo lifestyle or further refine your diet if you're already a convert! With content from leading authorities on the Paleo lifestyle, this easy-to-read, all-in-one resource offers a complete overview of living the primal life to lose weight, improve athletic performance, get fit, and stay healthy. Use the tips from the book to change your diet to include healthy, natural foods, then jump into the companion workout videos to master the Paleo moves and techniques that are featured in the book. The Paleo movement is taking the scientific world by storm, with studies indicating that the diet lowers the risk of cardiovascular disease, encourages weight loss, controls acne, and leads to greater overall health and athletic performance. Discover an appealing, sustainable alternative to highly restrictive diets that are doomed to fail Incorporate healthy, natural foods into your daily routine to achieve better health and a better physique Get comprehensive coverage of the Paleo lifestyle from leading experts Start or refine your paleo diet whether you're new to the concept or a seasoned Paleo follower If you want to know where to start with the healthy-eating Paleo lifestyle, Paleo All-In-One For Dummies is your resource to get on track and stay the course to create a healthy, happy, and fit new you.

Book Information

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Customer Reviews

Gives some excellent information that I haven't seen in other paleo books. I also enjoy the fact that

the nutritional information is printed at the beginning of the recipes, since I am also doing weight watchers while doing it in a paleo fashion. This certainly helps when I have to tally up the points every day.

I was surprised at how well the book was written. They did not go overboard with the humor but included just enough to keep it from being dull. Explained the Paleo diet well and I feel I understand it. Also has a large excersize section that was very informative.

Good information for beginners. Lots of recipes. Like the breakdown of the four sections.

This was a gift for my daughter, so I really cant review it. I did buy it after my sister suggested it, because she liked it. I liked the idea that is was the 4 books in 1, which is nice less books laying around.

Really useful book. Has changed my eating regime and I have already lost weight and have more energy

Lots of good information about a diet that is all the rage these days. The information is well presented and the illustration make the book enjoyable and easy to read.

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