



The Modern No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health

Alison Golden

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Hundreds of strategies for living paleo in a non-paleo world


Without this knowledge, your attempts to control your eating and manage your health are *doomed*.

The foreword is by **Mark Sisson**, author of the fabulously successful *The Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health and Boundless Energy* and there are endorsements from **Robb Wolf** (*The Paleo Solution*), **Sarah Ballantyne** (*The Paleo Approach* and *The Paleo Approach Cookbook*), **Sarah Fragoso** (*Everyday Paleo*), **Teresa Tapp** (*Fit and Fabulous in 15 Minutes*), and **Michele Tam** (*Nom Nom Paleo*).

Whether you are a paleo beginner or a paleo pro cooking up a gluten-free and dairy-free storm in your paleo kitchen, the strategies in *The Modern No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health* contain the **secrets to success** behind managing your weight, your health, and ultimately your success in life.

Don't delay.

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