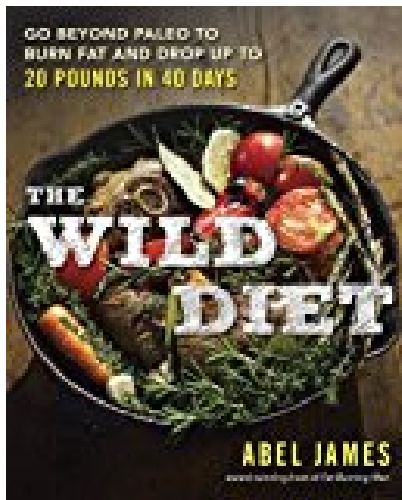


The Wild Diet Go Beyond Paleo to Burn Fat Beat Cravings and Drop 20 Pounds in 40 days



BOOK DETAILS

- Author : Abel James
- Pages : 384 Pages
- Publisher : Avery
- Language : English
- ISBN : 1101982861

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BOOK SYNOPSIS

Abel James eats like a king, never goes to the gym, and is in the best shape of his life. His plan is simple: eat plenty of whole and naturally edible foods, and be sceptical of manipulated, processed food products. In *The Wild Diet*, he brings readers a Paleo-inspired 40 day weight loss program, showing how the answer to vibrant health doesn't live in a calorie-restricted diet, a magical fat-blasting pill or a miserable exercise program. The secret is sticking to our roots and knowing where our food comes from.

THE WILD DIET GO BEYOND PALEO TO BURN FAT BEAT CRAVINGS AND DROP 20 POUNDS IN 40 DAYS

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