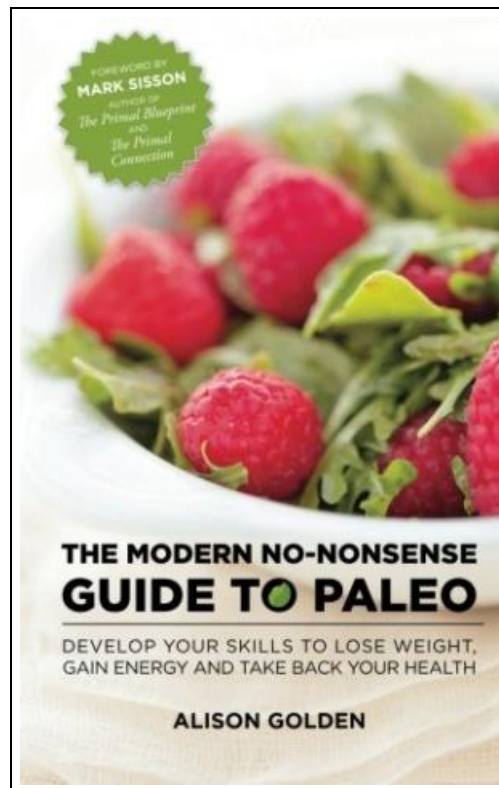


## The Modern No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health



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Mesa Verde Publishing, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you prone to emotional eating or overeating, even food addiction? Do you start diets, determined to lose weight for the last time, only to give up, over and over and over again? Many people get derailed as they attempt to incorporate paleo or other diet principles into their everyday life. They so want to make an enduring success of managing their eating but they don't know how to change or how to make it last. It is a myth that changing our diets and losing weight are about learning what and how much to eat. If that were true, most of us would be slim. In The Modern, No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health you will read the words of paleo and diet success that are rarely spoken about. They are almost secrets. Except they are quite simple concepts once you know what they are. Just think of all those times you have failed because you didn't know what is laid out in this book. The Modern, No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health provides practical tools to ease the transition to a full-on paleo life. Each chapter includes strategies, tips and checklists to identify the actions to power you on your paleo journey and create sustainable change and success for good. This book is the How of Paleo. You will learn: The four keys to paleo success Why perfection is the enemy of the good How to create a paleo life that operates on autopilot and why it is important Why...



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