



Paleo Diet for Beginners: The complete quick start guide for weight loss and live healthier (Paleo solution, Paleo diet plan, Paleo approach, Paleo for weight loss)

Kathy Bennett

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Paleo Diet for Beginners is a revolutionary diet book that will help you not only lose weight but achieve an optimal health condition that eliminates fad dieting and health risks associated with it.

The dangers of being overweight or obese are also discussed to let the readers understand the risks that come with these conditions and how you can reverse it.

This book is perfect for those who want to have a lifestyle change and reverse the adverse effects from prolonged consumption of “junk” food, but do not know how to do it.

More than the physical aspect, having a healthy lifestyle change will help you not only have your desired weight and reduced risk of deadly diseases, but also an overall positive change will surely be noted in you. A better self-image and mood, new-found self-confidence and a happier disposition are only some of these positive effects. This can all be achieved through embracing the caveman in you and turning Paleo!

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Take action today and download this book for a limited time discount of only \$2.99!

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