



Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet

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Do you have your own quirky way of reading success stories?

Do you read them from top to bottom, line-by-line, picture-by-picture, in a traditional way?

Perhaps you do what I do – look at the “before” picture, then madly scroll down to the “after” picture, then go back and read everything in-between?

Or do you jump straight to the bottom to see the results and read it backwards?

I suspect we all have our preferences.

I’ve even held my hand up to the screen so that I can hide the “after” picture from myself and be “wowed” at the end.

When I asked for success stories on my blog, I honestly thought I was taking a risk; the kind of risk we take when we ask someone out on a date. Or when we host a party and send out the invitations.

I thought that, perhaps, no one would respond. And I would look a fool.

Well, I was wrong. Pretty soon, my inbox was crowded. I had planned to feature one success story a month, but it soon became clear that if I kept to that schedule, it would be two years before some of them saw the light of day.

When we read about people in stories like those in this book, we start to imagine ourselves in their stead. The person who has lost a large amount of weight or reclaimed their health becomes us. We identify with them, believe that their achievements can be ours. That lifts our spirits, and we are moved to commitment and action.

Many of those featured in the coming stories had been looking down a barrel of a gun. They feared they only had a few years left on this earth, while others lived lives that were only a fraction of what they could have been.

And because they turned things around and saved their own lives, by telling us their stories they are saving those of others as well.

You will learn:

- of a man who lost one pound 220 times over

- of a woman who had a baby after years of infertility
- of a Trekkie who went from having a multitude of ailments to running marathons
- of a woman who no longer lives on medications but hikes, bikes and travels

...and 17 other stories just like them but all different in their own way.

Hundreds of pounds of weight have been lost on these pages. Relationships have been saved, new ones created, children born, life quality increased beyond all expectation.

All the stories are in a standard format: summaries for those who like “just the facts, ma’am,” “before” (at the top) and “after” (at the bottom) pictures for the visual reader, and an in-depth interview for those who want all the details.

Many of the interviewees describe their days before and after making the commitment to paleo and have offered practical advice and wisdom based on their experience so that you, too, can benefit if you choose to.

So, grab a drink and sit down to peruse these pages. Make no mistake, these stories aren’t those of wild mythical creatures whose lives are created in fantasy. They are those of everyday people, people just like you, who have made massive changes.

Here, you’ll find the tales of men and women, young and old, married and single, parents and not. There will be someone with whom you can identify and imagine becoming. Their lives can become yours.

Go ahead, don't wait. Pick up your copy of Everyday Paleo Success Stories right now!

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Jennifer Perez:

The book Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet make you feel enjoy for your spare time. You can use to make your capable a lot more increase. Book can being your best friend when you getting anxiety or having big problem together with your subject. If you can make reading through a book Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet to be your habit, you can get considerably more advantages, like add your own capable, increase your knowledge about some or all subjects. You may know everything if you like open up and read a publication Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet. Kinds of book are a lot of. It means that, science publication or encyclopedia or others. So , how do you think about this publication?

Maria Macdonald:

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Henry Vance:

In this era globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Typically the book that recommended to your account is Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet this publication consist a lot of the information with the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Here is why this book suited all of you.

James Scott:

That book can make you to feel relax. This book Everyday Paleo Success Stories: How Real People Lost

Weight and Reclaimed Their Health with the Paleo Diet was multi-colored and of course has pictures on there. As we know that book Everyday Paleo Success Stories: How Real People Lost Weight and Reclaimed Their Health with the Paleo Diet has many kinds or style. Start from kids until youngsters. For example Naruto or Detective Conan you can read and believe you are the character on there. So , not at all of book tend to be make you bored, any it can make you feel happy, fun and rest. Try to choose the best book to suit your needs and try to like reading this.

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