



Voyage: A Beginners Guide to Paleo (Paperback)

By London Solomon

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. The author shares her personal journey that began with a tender childhood on a Southern Utah farm and the secrets she kept being a child suffering with body dysmorphic disorder as early as her fifth year of life. She spent nearly 2 decades silently fighting profoundly destructive self-hate and sabotage, suffering with depression, anxiety, eating disorders, and addiction. It wasn't until 3 years ago that she was introduced to the Paleo lifestyle, which she credits for saving her life. Voyage came to life because she fell in love with the physical, spiritual, and mental benefits she experienced from this lifestyle that she has dedicated her life to sharing the powerful healing powers of real, natural food. Voyage provides an interactive and educational experience that is easy to follow. Readers are provided extensive, yet easily understood, concepts that will help beginners embark on a journey towards health and happiness. The cookbook portion of this book contains 20+ simple recipes for those on a budget, as well as information about meal planning, shopping, and preparation. The last portion...



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Reviews

This type of book is everything and taught me to hunting ahead of time and more. It is actually rally interesting throgh looking at time period. You can expect to like just how the article writer write this publication.

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