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Intro To Paleo: Quick-Start Diet Guide To Burn Fat, Lose Weight, And Build Muscle

Intro to **PALEO**

by bestselling author
ABEL JAMES



Synopsis

Want to harness the principles of the Paleo diet, ancestral health, and primal fitness, to burn fat, build muscle, and improve your health? Want 9 delicious Paleo recipes from Civilized Caveman Cooking? Whether you're a Paleo beginner or a knuckle-dragging rockstar, you'll enjoy and be informed and entertained by this concise exploration of the Paleolithic diet and primal lifestyle. At roughly 44-pages, this Introduction to the Paleo lifestyle is a brief, easy-to-read, and informative resource to help you rolling right away. Abel James, host of the wildly-popular Fat-Burning Man Show, covers a brief history of the natural human diet, paleo fitness, meal ideas, 9 delicious recipes, a shopping list, and a complete paleo-in-a-page resource to get you started (or back on track) right away. Take a look at "Paleo in a Page" if you're in a hurry to get started. Learn where the concept of Paleo came from and where it's going. See why you don't need to buy expensive supplements, miracle fat loss potions, or do endless hours of cardio to lose weight and improve your health. Find out principles that spur fat loss by supercharging your metabolism and muscle growth. Eating less and exercising more is not necessary. A calorie is not a calorie. You do not need to tether yourself to a treadmill. When you embrace the Paleo lifestyle, you can be lean and enjoy life. It's a piece of (gluten-free) cake.

Book Information

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Customer Reviews

I really like Abel James Intro to Paleo. I'm a newbie (on day 7 of 60 day Challenge to see if I can adopt this as a lifestyle after my 60 days is up 8/29/2017, follow @topaleoornot) to the Paleo Diet and I've been reading as much as possible to really gain knowledge of the diet/lifestyle. Abel's book was short and very to the point. I can appreciate an author that gives you exactly what you need to know to get going.

I have always believed in the Paleo idea, because it makes sense. I'm 68 and in bad health, overweight, kidney problems, and sleep apnea, for starters. So I will go on this new style (for me) of eating. I will post later my results.

Great quick read lots of recipes I highly recommend reading even just for (food for thought!) so starting this strictly after I return from vaca but hard not to do most of it in the process

I just started Paleo and this a great book for beginning Paleo eating. It gives you the reasons, research, and recipes. I have gone on to get a few more books on Paleo, recipe books and others using Paleo. Being diabetic and on Coumadin, I have had to change the menus at times to meet my health needs. I highly recommend this book for those wanting to know about Paleo diets. I have lost five pounds in a month. I have not needed my inhaler and my joint issues are better.

It was \$3.00 so what do you expect?I personally would have still put in the effort to deliver a great product.This is a couple of Blog Posts at best---Not a book.With James' academic pedigree I'm surprised he didn't hold himself to a higher standard?Also, it seems that James and many of his contemporaries are stumbling upon truths that have been well documented facts in the field of athletics for many years. Darden, Arthur Jones, Vince Gironda, Mentzer, etc...etc...Wrote about this stuff 30+ years ago.

A great resource to refer people just getting interested in the Paleo / Primal lifestyle.Nothing new for people that have been around for awhile and have read other works from Mark Sisson, Robb Wolf,

or Loren Cordain. For more great information I would highly recommend the podcast episodes from the author available over at

Unfortunately, Loren Cordain trademarked the term "Paleo Diet" so I'm not sure if I can use it in this review. Abel James has a podcast called the "Fat Burning Man" that's required listening. Abel's book "Intro to Paleo" is a short no-nonsense introduction in a diet that doesn't leave you sluggish, hungry, and produces results. Abel doesn't take time to fill pages with empty rhetoric just to impress the readers. He explains quickly what a Paleolithic diet is and the results he's had. The last pages of the book are filled with all kinds of recipes such as making cookies without wheat flour.

This was a good read, I now gave a decent understanding what the paleo diet consists of. I have been teetering on whether to cut out whole wheat in my diet and now after reading this am favoring to dump wheat. I have been working out 4-5 days a week at the gym for the last 5 years and have recently been trying to modify my workout. I am going to try the authors suggestion of doing high intensity work outs a couple days a week and start walking or hiking almost every other day. I would have liked some referred research studies or at least references to support some of the authors claims . Overall this is a decent intro that will give a bit more insight to the uninitiated of Paleo..

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