

Voyage: A Beginners Guide to Paleo (Paperback)



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Reviews


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(Vinnie Grant)

VOYAGE: A BEGINNERS GUIDE TO PALEO (PAPERBACK)



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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 of Voyage is an interactive workbook that is designed to keep readers organized and motivated throughout their exciting and life-changing first 30 days of Paleo.

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