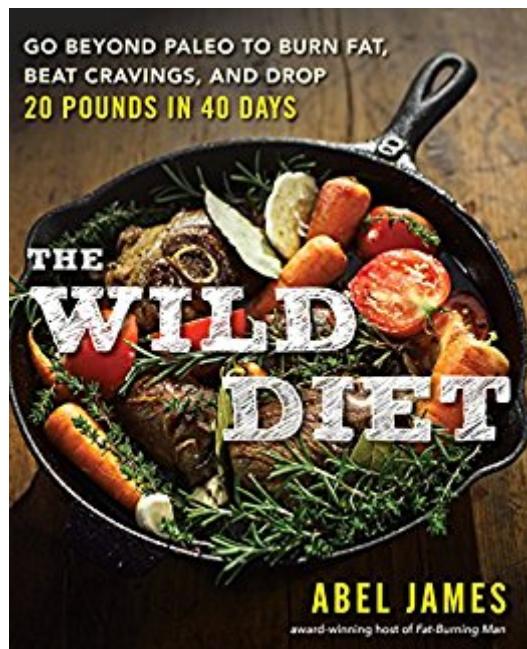


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The Wild Diet: Get Back To Your Roots, Burn Fat, And Drop Up To 20 Pounds In 40 Days



Synopsis

The creator of The Fat-Burning Man Show shares his revolutionary Paleo-inspired weight-loss program. Every month, half a million visitors download The Fat-Burning Man Show, eager to learn the secret of Abel James' incredible weight-loss success. Growing up on a defunct farm in the backwoods of New Hampshire, Abel had easy access to a host of natural foods that a backyard garden could provide: eggs, fresh produce, and real butter. But as he got older, he started eating a "modern diet" of processed foods, and by his early twenties, Abel found himself with high blood pressure, insomnia, acne, digestive problems, and love handles. Following the typical dieting advice of "eat less, exercise more" and despite running thirty miles a week and nibbling tasteless, low-fat, low-calorie food, his health only worsened as his waistline expanded. In an effort to gain control of his health, Abel dug deep into nutrition research and discovered that everything he'd been told about low-calorie eating was wrong. He realized that our bodies are wired to eat luxuriously "and burn fat" as long as we're eating real, natural foods that are grown on a farm and not in a factory. Incredibly, after just a few days of eating a Paleo-inspired diet of the most delicious "wild" foods that were rich in fat and fiber, Abel's health problems began to disappear. And after forty days "and radically cutting back his exercise routine" he had lost twenty pounds. The Wild Diet is the book Abel's hundreds of thousands of fans have been clamoring for. At a time when our collective health is failing, Abel sounds a clarion call to announce that good health doesn't live in a pill, exercise program, or soul-crushing diet. The secret is simply getting back to our wild roots and eating the way we have for centuries. From the Hardcover edition.

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Customer Reviews

I pre-ordered this book but waited to write this review because I wanted it to come from someone who has walked the walk. Bottom Line Upfront: July 12th - 184 pounds/September 13th 170. I'm 49 years old, and I'm just a regular guy. In the 90's I had great success with Body For Life and in the 00's with P90X. But the problem of course was that these programs were about exercise combined with denying yourself the pleasures of food. My pantry was stocked with imitation this, sugar free that, substitute this, diet that, fat-free this... you get the picture. Try as I may, I could not brainwash myself to look at eating as just another daily routine for health and maintenance like flossing. With the Wild Diet I'm enjoying whole cream-line milk, grass feed butter, grass fed steak, eggs from all sorts of fowl, bacon, mounds of greens, and fruits and nuts. And the desserts - after a hard day of work, imagine heading home to an amazing carrot cake waiting for you. Oh and my cholesterol - it was already pretty damn good - it got better. You'll love how the Wild Diet slowly removes cravings, especially for what you used to think of as delicious. In my pre-Wild days I used eat a slice of red velvet cake 3-4 times a week. Last week, I tried and found my body almost convulsing halfway through. The Wild life is not just about enjoying natural awesome foods, it's about getting out and living a natural awesome life. You don't need to physically suffer to get Wild-fit, just as you don't need to deprive yourself of pleasurable food. What I find so cool about The Wild Diet is its heart. Remove the book jacket and you'll find two simple initials - AJ - embossed on the cover. As you read, you may come to suspect that this is in many ways Abel's private journal. We're just lucky he's willing to share his journey with us - his failures and his successes. Oh, yeah - so why did I write my review today? I'm the First Sergeant in an Army Band (yeah a band geek just like Abel). I've never had to struggle to meet the Army's weight or PT standards, but with my rank, I'm no longer just one of the guys. I'm now the one in charge and expected to do more than "get by." I took my PT test this morning. My over all score jumped 35 points from the test I took in June. The Wild Diet is about living, and tasting, and enjoying. And it's friggin' awesome.

I'm not a fan of "diet plans" or those "diet books" that claim to have have the answer to fat loss through some secret esoteric knowledge. The Wild Diet by Abel James is neither of these things. This book is an easy to read, at times funny, guide to living a healthy lifestyle through eating healthy. Having followed the guidelines in Abel's book I have successfully lost 30 pounds and kept it off. My body not only looks better but internally I feel as if it is functioning better. It wasn't easy at first but I no longer crave those super unhealthy unnatural foods I used to live off of. If you are looking for a great guide to a healthy lifestyle then I suggest this book be the end of your search.

I've been listening to Abel's podcast the last couple months and pre-ordered The Wild Diet. It did not disappoint. Besides the down-to-earth knowledge, backed by science, the recipes are amazing! As a new convert to "wild" eating, one of the biggest challenges has been meal planning...especially with variety. My family devoured the macadamia-crusted cod recipe (I used halibut), and last night we prepared the Parmesan shrimp wraps...delicious! I was trying to use up old chicken nuggets in the freezer and my kids crinkled their noses...awesome. Thanks, Abel!

Pretty good info but I was hoping for more than one week of a sample menu. Should have bought the Whole 30 or just gone to their website and the Well Fed website that provides weekly meal plans, recipes and shopping lists for free! Should have done more research before throwing more money at this monster of trying to lose weight and get healthy. :(

This book was a huge gamechanger for me! I love the paleo diet. I had been mostly paleo(ish) for a while before finding this book, but this really took it to the next level for me. It helped me see how the processed foods on the market are making us sick, how we can eat to live a long healthy life, and most importantly for me how to get out of the mindset that this is a "diet" at all and really turn this into a lifestyle that is enjoyable and allows me to thrive in life. Anytime someone asks me about getting healthy and making changes in their life I recommend THIS book! If you want to get into the science and data about paleo, there are better books out there (The Paleo Solution comes to mind). But THIS book makes eating real whole foods healthy enjoyable, delicious, and fun to do! Thank you to Abel for putting this together. It changed my life and I'm sure it will continue to impact more people as I keep sharing with everyone I can :D

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The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days BELLY FAT: 40

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