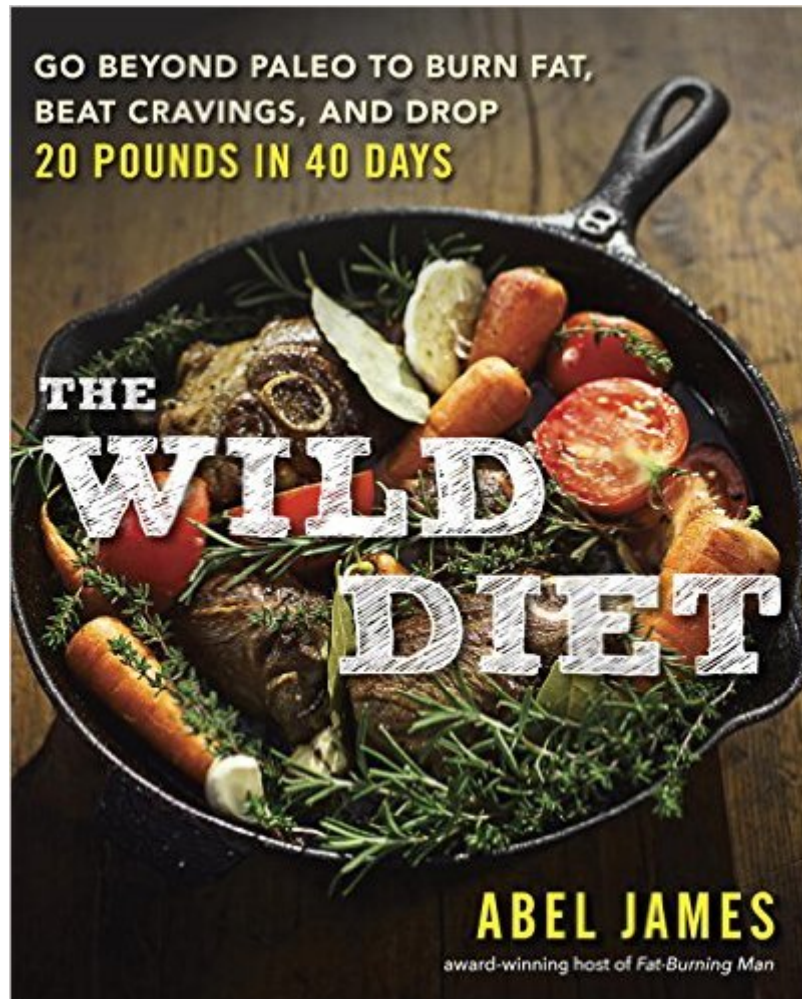


The book was found

The Wild Diet: Go Beyond Paleo To Burn Fat, Beat Cravings, And Drop 20 Pounds In 40 Days



Synopsis

Abel James, the ABC star and creator of the #1 Fat-Burning Man Show, shares his revolutionary weight-loss program in *The Wild Diet* - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and nutrient-dense meals, *The Wild Diet* programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In *The Wild Diet*, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. *The Wild Diet* paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. *The Wild Diet* proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to *The Wild Diet*.

Book Information

Paperback: 384 pages

Publisher: Avery; 1 edition (January 19, 2016)

Language: English

ISBN-10: 1101982861

ISBN-13: 978-1101982860

Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (389 customer reviews)

Best Sellers Rank: #7,395 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #23 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #24 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

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.

I have the pleasure of calling Abel a friend after what I would call a divine act of love. I was secretly struggling with bulimia for 12 years of my life when I met Abel, and in a matter of hours he was able to connect with me, encourage me and inspire me to change my life. For the first time ever, I told my secret about my struggles and he listened. I credit Abel with saving my life. It only started that night, what followed was a ongoing mentorship in which he taught me how to get wild, find my roots and take control of my health. He talked me daily through emotional struggles and roadblocks teaching me how to use food to heal my body which started in my brain. I tell everyone I meet that Abel is just a pure genius. My favorite part about his genius is the heart that accompanies it. Abel in the

simplest terms believes that everyone gets to be healthy and loved. He puts his heart forward and backs it up with his gigantic brain. I have listened to him for years and witnessed first hand the hundreds of thousands of lives he has touched and saved. He took all of his years of experiences and knowledge and packaged them in this book to help you. From a Ivy League smarty pants, to an accomplished musician, to a big business marketing genius and now The Fat Burning Man, Abel has done it all. He walks the walk and backs it up every day. This book teaches us how to be real humans again which ends with us feeling amazing, living longer and smiling more. He gives actionable items to reverse obesity, disease, and low-energy problems just by changing the way we eat and incorporating more movement into our lives. The best part, ANYBODY can use this book, it is a one size fits all guide to living a supercharged life.

[Download to continue reading...](#)

The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED), Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) State of Slim: Fix Your Metabolism and Drop 20 Pounds in 8 Weeks on the Colorado Diet Weight Watchers: Essential Tips For Losing Weight Along With Added Easy And No Hassle Recipes (Dieting, Health, Exercise, Vegan, Habits, Drop Pounds) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy

& Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. Paleo Diet: Top Delicious Paleo Diet Recipes to Lose Weight, Boost Energy, Live Healthy, and Satisfy Your Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss)

[Dmca](#)