



The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days

Abel James

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Abel James, creator of the wildly popular *The Fat-Burning Man Show*, brings us a Paleo-inspired 40-day weight-loss program that helps readers ditch the processed foods, return to basics, and drop up to 20 pounds in 40 days.

Growing up on a farm in New Hampshire, Abel James ran wild and ate everything. Fresh zucchini in August, huckleberries by the fishing spot, kale all year round. But when he moved to the big city, he started eating a “modern diet” off the supermarket shelves and, by his early twenties, it showed. Abel's doctor recommended a low-cholesterol, calorie-restricted diet and frequent exercise, so he took to running thirty miles per week and nibbling low-fat food. But he only got sicker.

Now Abel eats like a king, never goes to the gym, and is in the best shape of his life. His plan is simple: eat plenty of whole and naturally edible foods, and be skeptical of manipulated, processed food products. Foods found in the wild will return the human body to its optimal fat-burning stage and reverse the damage done by decades of poor eating. Abel James shows that the answer to vibrant health doesn't live in a calorie-restricted diet, a magical fat-blasting pill, or a miserable exercise program. The secret is sticking to our roots and knowing where our food comes from. *The Wild Diet* is the key.

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