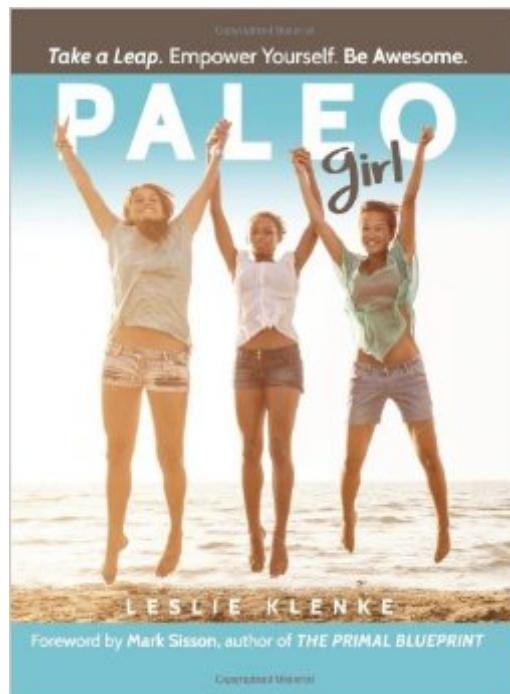


The book was found

Paleo Girl: Take A Leap. Empower Yourself. Be Awesome!



Synopsis

Let's drop the diet gossip...and go back to the beginning. Has a friend ever told you that you're only supposed to eat 1,200 calories per day? Did you once read that your favorite celeb got killer abs from doing hours of cardio? Have you heard that eating fat will make you fat? Well, I'll let you in on a little secret: those ideas are complete nonsense! If you want to get in great shape, have flawless skin, and radiate genuine happiness, you need to go beyond outrageous magazine headlines and truly understand the correct approach to eating, exercising, sleeping, and managing the hectic pace of modern life. Paleo Girl will help you transform your health—the right way—by adapting the lifestyle behaviors of our strong, smart, and healthy hunter-gatherer ancestors. Paleo Girl features an easy to follow Primal fitness guide; advice on getting ample sun, sleep, and play; tips for navigating physical maturation; pointers to amp up your motivation; and teen-friendly DIY recipes and beauty products!

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Customer Reviews

This book is written in such a fun way! I have read some "diet" books before that have bored me to tears. This was a fun book to read. It is written for teens, but it is really a fantastic book for anyone at any age.

Paleo Girl is a wonderful book with a treasure trove of information that every girl needs to live a healthier and fulfilling lifestyle. Beautiful in both layout and presentation, Paleo Girl is absolutely essential in many ways. Not only will you find yourself completely immersed in Leslie Klenke's

charming and approachable writing style, but you will be laughing along the way. Her creativity and passion clearly shines through in the literature, yet never detracts from the central message at hand. Chapter three was especially fantastic and eye opening, because I never truly understood the importance of sleep until now. While I always knew in the back of my mind that I wasn't getting enough, I now fully realize how absolutely essential it is to the human condition. Things like shutting off your television an hour before bed and eating the right foods prior to sleep go a long way in finding a successful and happy lifestyle. Paleo Girl effectively establishes its message, while getting the point across with basic facts and scientific evidence. I will never again underestimate the power of a good nights sleep. Making the switch is not easy, and sometimes life holds us back, but Paleo Girl has that covered with an entire chapter about Motivation. It covers a variety of topics that you or your loved ones will find useful in bringing everyone on board, even unconvinced parents. Some of the tips I found clever and insightful. For instance: Requesting a second helping of vegetables, skipping out or refusing pop and sugary substances when offered, and packing your own lunch so that you are in control. Sometimes actions speak louder than words, and I found this to be a most clever approach that I had never heard of before. Not only does it have the information but also necessary tools to make the change. Yes, I mean recipes! And boy does it have some tasty ones. You will find everything from a delightfully tasty 'Flippin' Chicken Sammie' to the irresistibly scrumptious, "Cave Crave Pizza." It has a great resource for people on the go. Something as simple as a hard boiled egg can give your day the necessary punch it needs. Paleo Girl is highly recommended and even essential. If you are as confused as I was, or just looking to learn what all the fuss is about, then this book is for you. It will not disappoint. 5 out of 5 stars.

This is a great book not only for teen girls but for fathers. I learned a lot about what's going through a young girl's mind and body during the teenage years and it has given me some good insights to be a more helpful parent. I think it's a great gift idea but I also think parents should read the entire thing themselves. The success stories from real life girls is a great element of the book. It's a big help to realize that these girls changed their lives implementing the primal principles described in the book. The author also writes quite a bit about her own experiences and struggles. This makes her words more meaningful than having it come from some perfect sounding author who just dispenses advice without being vulnerable. I was particularly taken by the author's account of her yo-yo dieting struggles, and how she finally was able to experience peace and happiness from accepting her body, eating and exercising in a healthy manner, and pursuing the goals of being happy and having fun instead of trying to reach for artificial or superficial success standards. I think girls as young as 12 or

13 will be able to grasp much of the material in the book, and of course girls in the older teen years might really benefit from this fun and sensible discussion of healthy living.

This book speaks to everyone, not just teenagers. I love the fact that when I'm finished with it, I can pass it down to my teenage niece for her to read and understand as well... there are a lot of informative details that most; especially teenagers can gain the knowledge to process and understand just what our bodies go through and what you need to do to maintain a healthy lifestyle. Some teens think they are alone and this book simply says you're not! I love this book! A+

I will be buying this book for my niece and recommend it to anyone else with young daughters. It presents important nutritional information to teens in a way that is fun and accessible. It addresses common issues of growing up, like puberty and peer pressure, in a frank and straightforward way, without getting preachy or overly technical. I love the way that it explains the value of a primal lifestyle to girls early on, when they are first figuring out how to really take care of themselves and take ownership over their own body's health and fitness. They are exposed to so much inaccurate marketing of processed diet foods and exercise fads, I think it's great we now have this alternative tool with which they can educate and arm themselves. Simple recipes for healthy meals and natural beauty products are also included. I love, love, love this book and highly recommend it!!!

This book is amazingly simple to follow, and it lays out everything in a logical yet entertaining fashion. I love all of the photography, it really enhances the book. I would recommend this book to every girl out there! The Primal/Paleo lifestyle has changed my life and I know it can help anyone and everyone. I see girls at my high school all the time over-exercising and counting calories, and I wish every teenage girl could have access to the amazing knowledge in this book, and know that there is an easier and healthier way to be fit. I absolutely love the recipes for food and for all-natural face washes! This book covers every topic imaginable and answers tons of questions that girls might have about puberty, family/friends/boys, and how to live a healthier lifestyle. I absolutely loved it!

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