

# **The Modern No-Nonsense Guide To Paleo: Develop Your Skills To Lose Weight, Gain Energy And Take Back Your Health By Alison Golden**

**By Alison Golden**

No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health to give Alison Golden bio  
The Modern No-Nonsense

Play safe, talk less, and observe Alison Golden The Modern No-Nonsense Guide to Paleo: Develop Your Skills to Lose Weight, Gain Energy and Take Back Your Health

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Alison Golden's Book, The Modern No-Nonsense Guide To Paleo, is THE BOOK you need to jump start your Paleo diet. I love this book, and wrote a review of it

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lose weight did you expect to resolve your health issues at the same time? What was your primary focus health or weight loss? Modern, No-Nonsense Guide to

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