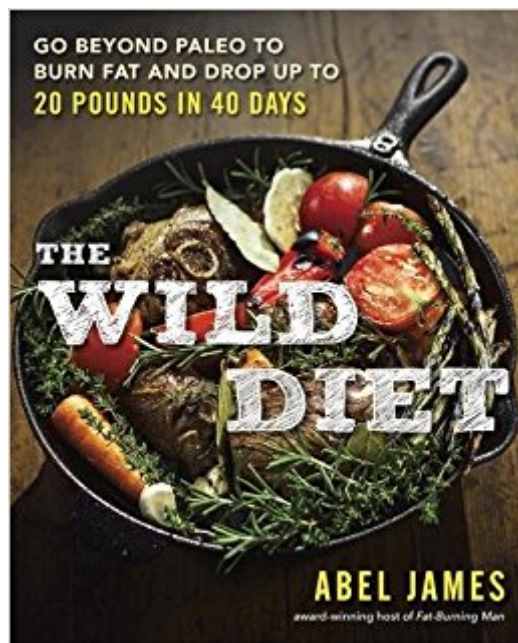




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# The Wild Diet: Go Beyond Paleo To Burn Fat, Beat Cravings, And Drop 20 Pounds In 40 Days



## 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

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## Customer Reviews

Advance Praise for The Wild Diet: “A word of caution: Everything you think you know about diet and exercise is probably wrong. It’s time to change your relationship to fat, whole grains, sugar, the pizza delivery guy, and even your treadmill. The Wild Diet flies in the face of the outdated advice touted by health and wellness ‘experts’ and gives you real-life strategies to lose fat and get fit as quickly as possible. In a sea of marketing hype, Abel James is a powerful and authentic voice that speaks the truth.” -Jonathan Bailor, New York Times bestselling author of The Calorie Myth “If you’ve been yo-yo dieting and surviving on prepackaged ‘health foods’ with little or no results, you owe it to yourself to read The Wild Diet. Abel James shows you how to optimize your workout, diet, and habits to take your health back into your own hands. Abel rocks a chiseled 6 pack and makes it look easy. As the owner of a 1-pack, I marvel at his lean body mass!” -Sara Gottfried, M.D., New York Times bestselling author of The Hormone Cure “In The Wild Diet, Abel shatters conventional wisdom and gives us the truth about what it takes to be lean and healthy without obsessing about what we eat. There’s a reason Abel’s Fat Burning Man show has become #1 in 8 countries and I have no doubt that The Wild Diet will be just as well received. Abel’s message is simple, pragmatic, and can get you lasting results in less time and with less effort than you’d probably expect. -Yuri Elkaim, New York Times bestselling author of The All-Day Energy Diet “The Wild Diet stands out as a flexible, enjoyable approach to weight loss that you can easily cater to your individual needs and goals • a key factor in your ability to make lasting changes. Abel’s research and personal health-hacking have culminated in a simple, comprehensive program that works for just about everyone.” -Chris Kresser, M.S., Lac, New York Times bestselling author of The Paleo Cure “Food is medicine, and The Wild Diet’s menu is one of the most nutritionally-dense ‘medicine cabinets’ out there.” Abel has done his research, and his book shows you how to apply it to your life in a very realistic way. This book will change the way you look at food and exercise. More importantly, this book can help you take control of your life.” -Terry Wahls, M.D., author of The Wahls Protocol “Abel James walks his talk. He gives the health movement a personal

voice that is fresh, approachable, and knowledgeable. In his book, *The Wild Diet*, Abel shares his own journey losing 20 pounds in 40 days and shows you how to do the same. By focusing on not just what you eat, but how you eat it, Abel gives a unique perspective on how to think about our diet.

—Alan Christianson, NMD, author of *The Adrenal Reset Diet*

“This isn’t your typical diet book. Abel doesn’t tell you to stop loving food, to give up chocolate, or to completely slash entire food groups. Instead, *The Wild Diet* shows you how to lose fat while satisfying your personal cravings. (Yeah, there are some yummy recipes in there-- even desserts!) This is so important because, like everything else in life, change is inevitable—and this is one dogma that easily adapt to your body’s needs.”

—Alexandra Jamieson, Health coach, chef, and author of *Women, Food & Desire*

“When I found myself overweight and struggling with my health despite doing my best to follow all the current dietary dogma of the day, I started seeking some alternatives. Somehow I landed on a podcast called ‘The Fat Burning Man Show.’ The host, Abel James, was telling his story and it sounded like he had peaked at my diary. Everything he spoke about resonated with me. I began incorporating the principals of *The Wild Diet* into my own life and fifty pounds later, I’m a different man. When I reached out to Abel to say ‘thanks for the great info’ I got more than just ‘you’re welcome.’ I made a new friend. I can tell you that Abel is the real deal. He lives *The Wild Diet*. *The Wild Diet* isn’t the latest fad diet book designed to line the author’s pockets only to regurgitate the same old, tired eat less and exercise more mantra. It’s a comprehensive, no nonsense guide to healthy living. It’s packed full of common sense that our grandparents or great-grandparents knew but somehow we’ve forgotten. Abel has re-discovered these truths and he shares them all right here in this book plus more.”

—Denny Hemingson, award-winning Musical Director of the Tim McGraw Band

“Abel James gives actionable steps to reverse obesity, disease, and low-energy problems by healing the body with delicious food and quick, effective workouts. Speaking as a busy mom, these recipes not only taste great, but can help the whole family get fit as a fiddle!”

—Katie Wellness Mama, author of *Wellness Mama Cookbook*

“*The Wild Diet* is full of proven lifestyle hacks that will help return your body to the fat-burning, muscle-building organism it was meant to be. This book is a great read for anyone at any level—including tasty fat-burning recipes, real life stories, and the cutting-edge science behind Abel’s simple diet and workout techniques. If you want to run at peak performance, read this book!”

—Dave Asprey, founder and CEO of *The Bulletproof Executive* and author of *The Bulletproof Diet*

From the Hardcover edition.

Abel James is a New York Times bestselling author and modern-day Renaissance man. He stars as a celebrity coach on ABC television and has been featured in People Magazine, WIRED, Entertainment Tonight, and NPR. As host of the #1 podcast in 8+ countries, Fat-Burning Man, Abel has helped millions reclaim their health and perform at their best with cutting-edge science, outdoor workouts, and outrageously good food. Abel has keynoted for the Federal Government, lectured at Ivy League universities, and advised Fortune 500 companies including Microsoft, Danaher, and Lockheed Martin. He was named as one of the 100 Most Influential People in Health and Fitness by Greatist in 2015 and 2016. Distinguished as a Senior Fellow with Honors from Dartmouth College, Abel created his own curriculum to specialize in brain science, music, and technology. He later published his research in The Musical Brain, which became a #1 bestseller. Also a songwriter and multi-instrumentalist, Abel has won several awards in writing and performance arts, including “Outstanding Achievement in Songwriting.” Abel lives with his wife in Austin, Texas. He enjoys strong coffee and cheesecake, preferably together. Read more from Abel at <http://FatBurningMan.com>

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 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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Paleolithic Diet, Low carb Diet, Ketogenic Diet) The Wild Diet: Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Instant Pot: 365 Days of Instant Pot Anti Inflammatory Paleo Recipes: Paleo Diet for Beginners, Paleo Diet Cookbook, Breakfast, Lunch, Snack, Crock Pot, Healthy, Slow Cooker, Paleo Recipes, 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 For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss

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