



## The Tao of Paleo: Finding Your Path to Health and Harmony

By Joseph Salama, Jason Goldberg

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We invite to join a friendly and fun conversation with Joe and Jason designed to help you find your own unique paleo Tao: Jason: What do you think would happen if paleo and Monty Python collided head-on with Plato and Lao Tzu? Joe: I imagine whatever it was, it would involve a lot of silly walks, pictograms and calligraphy, bacon grease, and the inevitable lawsuits. Jason: I was thinking more along the lines of a revolutionary book about the paleo lifestyle. A guide to finding your own paleo path. A book about making your life healthier, happier, and more satisfying. Joe: Maybe. The whole book thing sounds familiar. Jason: It should. Because we wrote it. Joe: We sure did. And we called it The Tao of Paleo: Finding Your Path to Health and Harmony. Jason: We d like you to consider buying it too. Joe: If you do, we promise you a comprehensive guide to eating, playing, sleeping, and exercising in the way that humans were meant to do. We ll also set you up with an easy-to-follow...



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