



Paleo Girl: Take a Leap. Empower Yourself. Be Awesome.

Leslie Klenke

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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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