

Paleo with a Purpose: Eliminate the myths once and for all. Food; what works, what doesn't and what you can start doing today.

By Josh Bunch

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- Sales Rank: #1183965 in Books
- Published on: 2016-04-01
- Original language: English
- Dimensions: 9.00" h x .56" w x 6.00" l, .74 pounds
- Binding: Paperback
- 248 pages

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Editorial Review

About the Author
It's estimated that Josh Bunch has lived exactly half his life in a gym. Whether that's sad, scary or stupendous; no one knows for sure. It was a hobby at first, the motivation of a mind raised on action movies and comics. But when Bunch's dad had a stroke, fitness became more about miracles than muscles. It became educating people like Jim Bunch, Josh's dad, on the need as well as the method. Today Bunch owns Practice CrossFit and has for nearly 10 years. He's written thousands of fitness articles and trained thousands of athletes and this book is only a bit of what he's learned. But it's an important bit. Simple and undeniable truths that extend well past the workout floor.

Users Review

From reader reviews:

Harry Dwyer:

As people who live in the modest era should be revise about what going on or data even knowledge to make these keep up with the era that is always change and progress. Some of you maybe will probably update themselves by reading through books. It is a good choice for yourself but the problems coming to a person is you don't know what kind you should start with. This Paleo with a Purpose: Eliminate the myths once and for all. Food; what works, what doesn't and what you can start doing today. is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

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