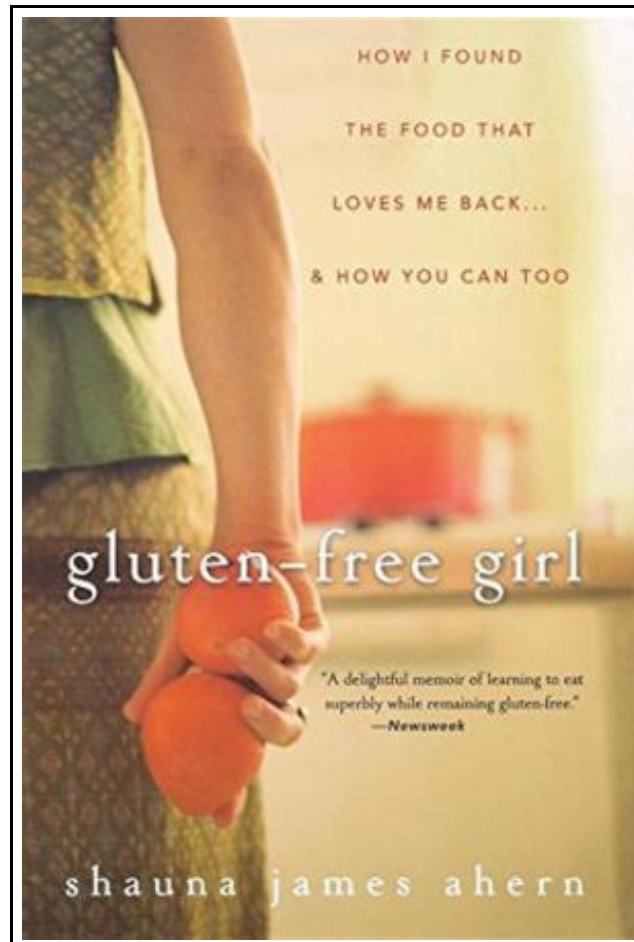


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## GLUTEN-FREE GIRL: HOW I FOUND THE FOOD THAT LOVES ME BACK. AND HOW YOU CAN TOO (PAPERBACK)

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Turner Publishing Company, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. A delightful memoir of learning to eat superbly while remaining gluten free. --Newsweek magazine Give yourself a treat! Gluten-Free Girl offers delectable tips on dining and living with zest-gluten-free. This is a story for anyone who is interested in changing his or her life from the inside out! --Alice Bast, executive director National Foundation for Celiac Awareness Shauna's food, the ignition of healthy with delicious, explodes with flavor--proof positive that people who choose to eat gluten-free can do it with passion, perfection, and power. --John La Puma, MD, New York Times bestselling co-author of The RealAge Diet and Cooking the RealAge Way A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac disease. Foodies everywhere will love this book. Celiacs will make it their bible. --Linda Carucci, author of Cooking School Secrets for Real World Cooks and IACP Cooking Teacher of the Year, 2002An entire generation was raised to believe that cooking meant opening a box, ripping off the plastic wrap, adding water, or popping it in the microwave. Gluten-Free Girl, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets. Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten likes to hide--such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, Gluten-Free Girl shows readers how to say yes to the foods they can eat. Written by award-winning blogger Shauna James, who became a interested in food once she was diagnosed with celiac disease and went gluten-free, Gluten-Free Girl is filled with funny accounts of the author's own life...



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