



The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!

Caroline Shannon-Karasik

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The Gluten-Free Revolution: A Balanced Guide to a Gluten-Free Lifestyle through Healthy Recipes, Green Smoothies, Yoga, Pilates, and Easy Desserts!

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An accessible healthy lifestyle should be the rule, not the exception.

Who said pricey kitchen equipment and complicated recipes were necessary for leading a balanced life? Based on the premise that simple whole foods (mixed with a bit of dessert, of course) are the building blocks of any healthy diet, *The Gluten-Free Revolution* will help you energize and revamp your lifestyle.

Shannon-Karasik encourages those interested in feeling great to experiment until they find what works best for them. *The Gluten-Free Revolution* suggests mixing and matching simple exercises and easy recipes in order to create your ideal healthy lifestyle. All the recipes are gluten-free, and many also cater to vegans, vegetarians, and even nut- and soy-free diets.

Contents include everything from recipes for smoothies, meals, and desserts to simple and effective yoga, Pilates, and dance workouts.

Whether you're a fitness nut looking for the latest tips, the mom of a gluten-free child looking for delicious recipes, or just the average person who wants to feel amazing every day, *The Gluten-Free Revolution* answers all of your questions and points you toward the pleasurable life you deserve.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Raymond Floyd:

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