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Jun 18, 2014 The Tao of Paleo is not just any ordinary health and diet book and it's definitely not just another paleo book. Written in a conversation-style dialogue

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I've heard of the Paleo Diet off and on for a while now, but according to this New York Times article it's gaining momentum. The assumption behind Paleo is that

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Joe salama & jason goldberg |the tao of paleo

In this episode, Joe Salama and Jason Goldberg discuss their latest book, the tao of paleo, along with ways to customize paleo to suit your needs.

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Katy Haldiman interviews authors Joe Salama and Jason Goldberg about their book, The Tao of Paleo: Finding Your Path to Health and Harmony".

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