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By Shauna James Ahern

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Gluten-Free Girl: How I Found the Food That Loves Me Back. and How You Can Too, Shauna James Ahern, "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, 2002 An entire generation was raised to believe that cooking meant opening a box, ripping off the...



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