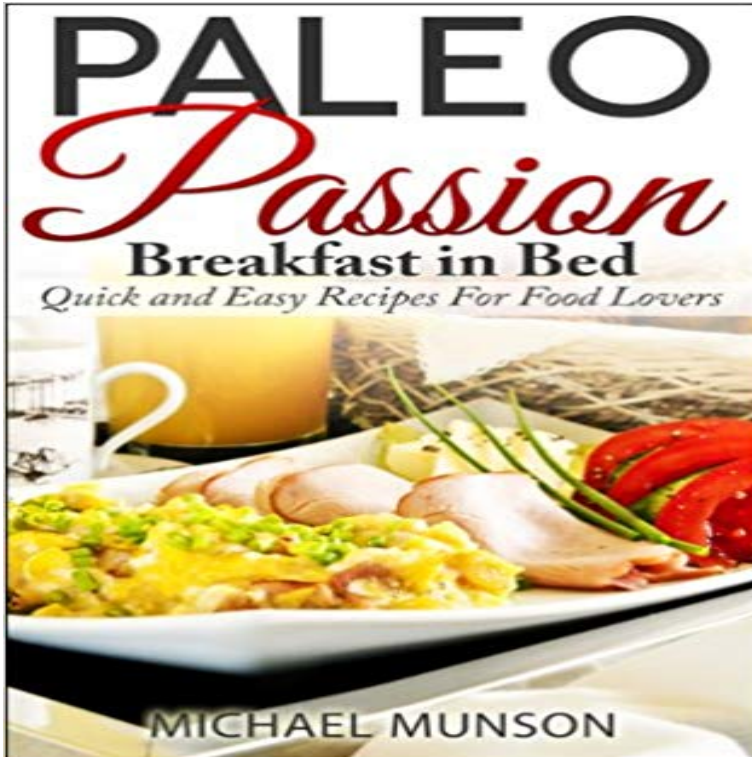


Paleo Passion: Breakfast in Bed. Quick and Easy Recipes For Food Lovers



Many people believe we have moved too far away from a balanced way of eating and that modern living easy access to convenience foods, processed and chemically laden foods has made us fatter, less in touch with nature and our bodies, and its quickly shortening our lives. For those new to Paleo eating, its actually quite simple to follow and very healthy. Like any other diet or way of eating, you can alter it to fit your own needs. For some people, Paleo is too strict, but for many who suffer from gluten sensitivity or dairy intolerance, its perfect, and it works well also for those who aim to stay fit and healthy. This modern take on a very old diet includes focusing on the following: Free-range lean meats Seafood Fruits and vegetables Nuts and seeds Healthy fats The Paleo diet restricts the following foods: Dairy Sugar Processed foods Grains Legumes Alcohol Starches Please Scroll Up and Order Your Copy Now!

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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