



# Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living

*Danna Korn*

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# Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living

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## **Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living** Danna Korn

This is a practical, comprehensive and inspirational guide to living a wheat-free, gluten-free lifestyle. It answers the many questions that people have concerning the unique challenges faced by those on such a diet. It helps to take the fear out of eating, and teaches and encourages people to deal with the wheat-free or gluten-free lifestyle in an optimistic yet realistic manner.

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