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The Paleo Solution: The Original Human Diet by Robb Wolf
Before I get into my review of Robb Wolf's new book, "The Paleo Solution: The Original Human Diet," you should know that I've now attended Robb's "The Paleolithic Solution Seminar" twice and can honestly say that this guy is the real deal.

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Robb Wolf's "The Paleo Solution: The Original Human Diet," is definitely a book I'll be recommending that all of my clients read. As a fan of his previous work, a regular reader of his blog and a regular listener of his podcast, I've come to regard Wolf as one of my mentors on the subject of nutrition, health and performance.

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