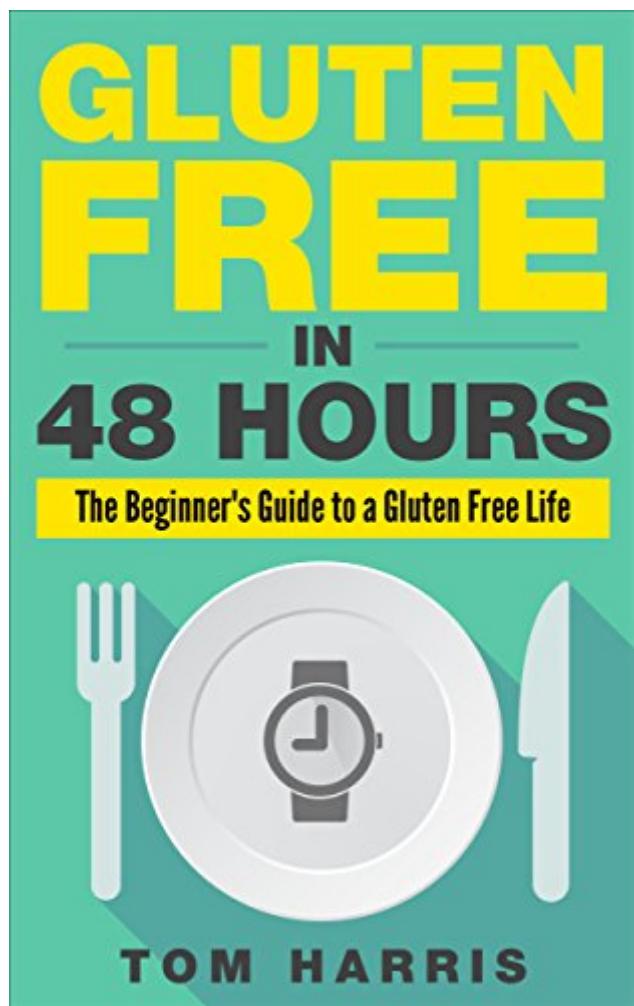


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# Gluten Free In 48 Hours: The Beginner's Guide To A Gluten Free Life



## **Synopsis**

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## **Customer Reviews**

Tom has done a great job in giving me confidence to this Gluten Free journey. I felt that by the end of the book I had clear steps and knew what needed to happen first - without being overwhelmed. It's a quick and actionable read - which is great as it helps get you into the kitchen and reading

labels! Being diagnosed Coeliac (or realising that you're gluten intolerant) is pretty stressful, so finding a guide that rapidly helps you eliminate gluten from your life is critical. This is a must read.

Outstanding guide, quick, easy and practical. Literally a lifesaver for anyone needing to go gluten free. Thanks for the actionable tips and advice and for taking the "overwhelm" out of the process!

Read through it in a half hour - common sense stuff in my opinion. It is almost a "Gluten Free for Dummies" kind of read.

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