

# PALEO LIFESTYLE



## A LOOK INSIDE

**Al Kavadlo makes sure you're doing your pull-ups correctly**

**10 Anti-Paleo Myths Completely Debunked**

**How to Keep Your Kids Paleo During the School Year**

## FEATURED

**The Dynamic Paleo Duo**

**In-depth Interviews with Mark Sisson and Robb Wolf**

# Paleo Lifestyle Magazine Interviews Issue 1 August 2012

**Matt Demers**



## **Paleo Lifestyle Magazine Interviews Issue 1 August 2012:**

*Ronda Rousey: The Biography* Matt Demers, 2013-06-05 Ronda Rousey Olympic bronze medalist UFC champion and world's largest female pay per view draw. But it wasn't always that way. Once a shy, frustrated child, an outcast in school, an unwelcome competitor in a male-dominated sport, walk along with Rousey as she pulls herself up from an unthinkable tragedy to become the UFC's first female fighter, one of the greatest female athletes of our time. I've been through so much that there isn't much left that can scare me. I've felt the most pain that I could ever feel and I've felt the most pressure that I could feel and there's nothing else left. And I believe that I'm capable of doing anything. Ronda Rousey Review by thriller novelist Kerry J. Donovan. Mr. Demers is Ms. Rousey's unofficial biographer and he does a fantastic job of bringing us close to a charismatic woman fighter at the peak of her physical powers. Mr. Demers' relaxed and informative style is a joy to read. He clearly respects and admires his subject and has spent a great deal of time researching this enigmatic superstar. From its opening pages where Mr. Demers places Ronda's fighting life in an historical perspective through to the end where he speculates about Ronda's future career and the dark places in between, this is a great informative piece of work. Matt Demers shows a deft touch in this excellent book and like Ronda, pulls no punches. Whether you love women's extreme fighting or not, Mr. Rousey's place as a sporting superstar cannot and should not be disregarded. This is an excellent read.

## **Paleo Lifestyle Magazine Interviews Issue 1 August 2012** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Paleo Lifestyle Magazine Interviews Issue 1 August 2012**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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