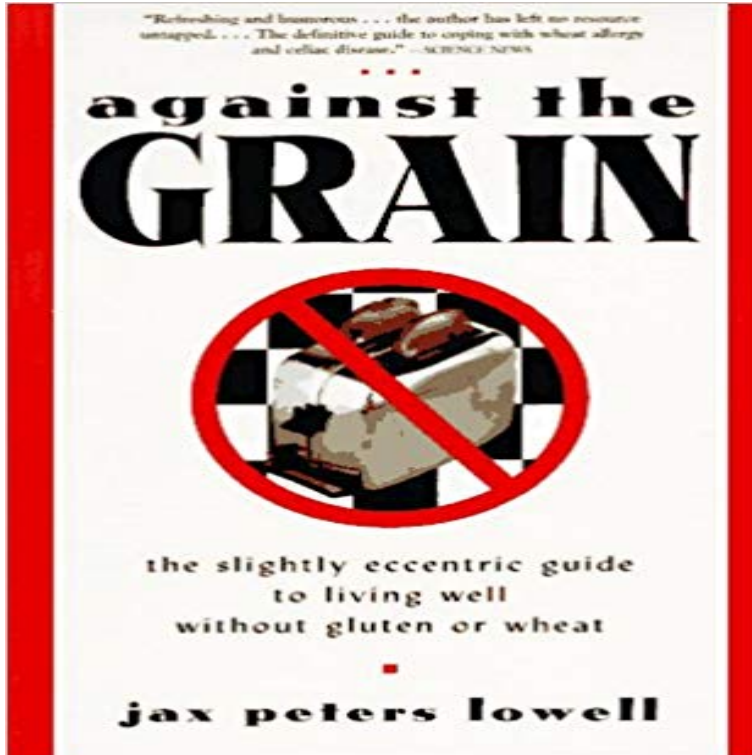


# Against the Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat



An extensive manual for surviving without wheat or gluten, including a resource guide, shopping tips, and a listing of support groups for celiacs.

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