



# GLEE! An Easy Guide to Gluten-Free Independence

*Elizabeth Atkinson*

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# GLEE! An Easy Guide to Gluten-Free Independence

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## **GLEE! An Easy Guide to Gluten-Free Independence** Elizabeth Atkinson

If you've been newly diagnosed with celiac disease or if you know a gluten-free young adult setting off for college or apartment living, GLEE! is the perfect guide. Written in an upbeat, fun style, this book is filled with practical information that will make adjusting to a new lifestyle as easy as gluten-free pie. What Others Say... "An easy-to-read straight forward guide complete with personal anecdotes from the author. Just what your gluten-free child needs as they leave the nest..." --Tricia Thompson, MS, RD, author of The Gluten-Free Nutrition Guide and co-author of CIG to Gluten-Free Eating. "From its name to the information it offers, GLEE is overflowing with 'gleeful' advice for young adults. Leaving the house can be a tough time for ANYONE—but toss on top of that the added stress of maintaining a strict gluten-free lifestyle, and it can be downright overwhelming. GLEE is an upbeat, optimistic guide that helps young adults live a gluten-free lifestyle..." -Danna Korn, author of Kids with Celiac Disease and Living Gluten-Free for Dummies

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