

A book about breaking the rules that are breaking us.

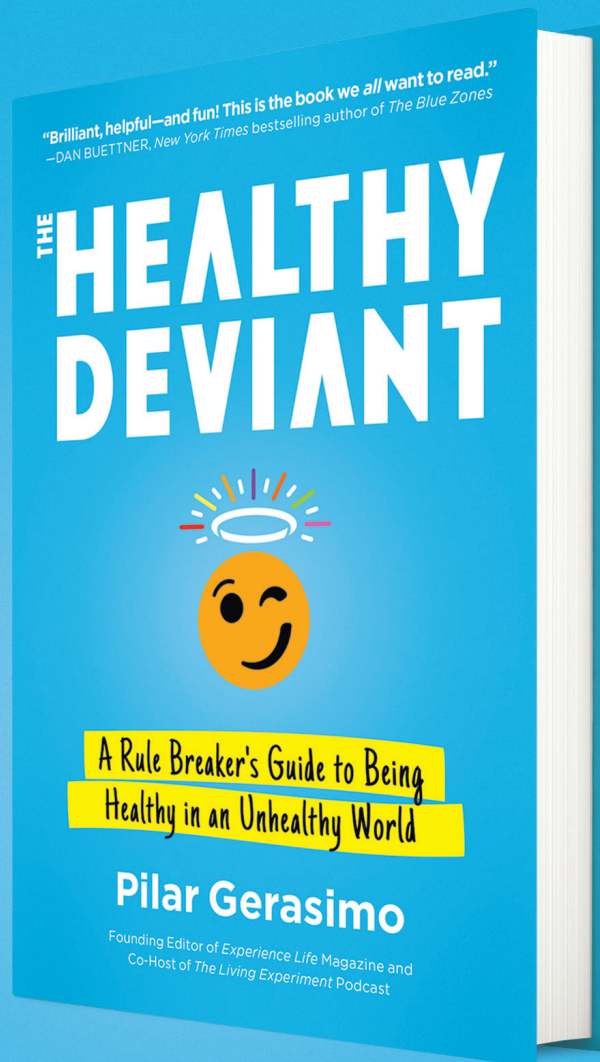
“Pilar’s work is life-changing, world-changing. *The Healthy Deviant* is going to make a huge difference for a whole lot of people.”

— MARK HYMAN, MD, Director of Cleveland Clinic Center for Functional Medicine and 11x *NY Times* best-selling author



“In a world where following the norms makes us sick, sad, and exhausted, the principle of Healthy Deviance is a powerful, beautiful game-changer.”

— DALLAS HARTWIG, *NY Times* best-selling author of *The Whole30* and *It Starts With Food*.



“Magical, wise, important, dead on, vital, disruptive — those are the words I’d use to describe Pilar and her Healthy Deviant work.”

— GENEEN ROTH, #1 *NY Times* best-selling author of *Women, Food and God*



“Pilar is a wellness trailblazer. She is not afraid to ask the tough questions or share the brightest solutions. I’m proud to call her a friend and a sister revolutionary.”

— KRIS CARR, #1 *NY Times* best-selling author of *Crazy Sexy Diet*

Part manifesto, part whispered wake-up call, *The Healthy Deviant* is a MODERN-DAY SURVIVAL GUIDE for being a HEALTHY PERSON in an unhealthy world.

PILAR GERASIMO, founding editor of *Experience Life* magazine and co-host of *The Living Experiment* podcast.



#HealthyDeviant

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