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About the Author. He went on to run the length of Great Britain, run across Cuba and, in this book, traversed India. He does all this for the charity Cipla Miles for Smiles, which performs life-changing surgery on kids with cleft palates. A former chef, Grier also co-authored The Real Meal Revolution, a bestselling,

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JONNO PROUDFOOT is the CEO of Real Meal Revolution and bestselling author of The Real Meal Revolution, Super Food for Superchildren and The Real Meal Revolution 2.0, total sales of which exceed 400,000 copies.

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