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## **In Praise of Allergic Girl: Adventures in Living Well With Food Allergies**

“Allergic Girl: Adventures in Living Well With Food Allergies [...] offers honest, personal and practical advice for anyone who has life-threatening dietary restrictions.”

—[CNN](#)

“You’ve heard of Skinnygirl (aka entrepreneur and reality TV star Bethenny Frankel). And Hungry Girl (aka diet guru and Cooking Channel personality Lisa Lillien). Now, make way for Allergic Girl.”

—[The Wall Street Journal](#)

“Highly recommended for anyone with food allergies, as well as their families and friends.”

—[Library Journal](#), Starred Review

“Sloane [Miller] may be allergic to most foods, but she certainly isn't allergic to still enjoying eating and spreading the word about it.”

— [NY1](#)

“This book is a wonderful go-to guide for helpful tips and insights on dealing with food-allergies.”

—Kenny Callaghan, [Blue Smoke](#) Executive Chef/Partner