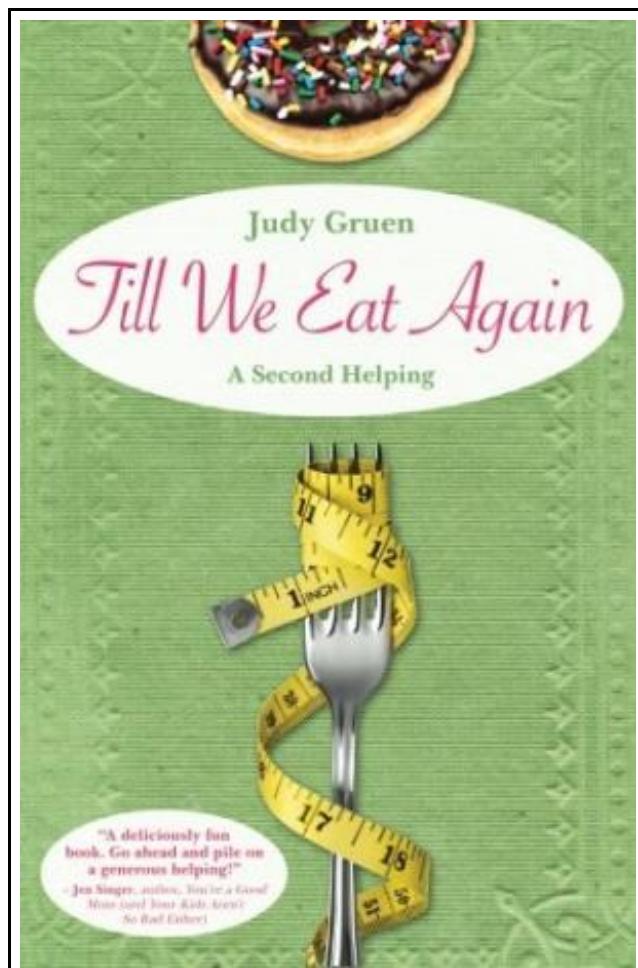


Till We Eat Again: A Second Helping



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Reviews

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(Lexie Paucek PhD)

TILL WE EAT AGAIN: A SECOND HELPING

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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****. I had my fat tested today. It came back positive. Facing this inescapable observation, Judy Gruen set out to lose fifteen pounds in time for a college reunion. But as she discovered, no two diet experts agree on anything, even whether lentils are good for people with Type A blood. Originally published as *Till We Eat Again: Confessions of a Diet Dropout*, this newly revised and updated edition, *Till We Eat Again: A Second Helping*, remains a classic and hilarious chronicle of one woman's real-life attempt to make sense out of diets named Bad Carbohydrates and the Women Who Love Them, and compounds like Hyper-Meta-Phedra-Bolic, which may boost metabolism but also might cause cardiac arrest. During her quest for thinness, Judy also belly dances to the camel, runs laps while an Army major blows his whistle at a fitness boot camp, and gets tangled in yoga positions so bizarre the paramedics need the Jaws of Life to get her out. She also tries to avoid diet despair as medical researchers conclude that even drinking too much water can kill you. After months of these and other indignities, she'll even earn a little star from Weight Watchers for losing five pounds. This book offers equal measures of comedy and inspiration for anyone who wants to lose five or fifty pounds. I laughed out loud because this book is so funny and so true. I loved it! Judy's witty takeaway on diet scams is hysterical, and that detox section. I was ROTFL! - Jennifer Cohen, author and founder of No Gym Required; fitness spokesperson, Weight Watchers Who among us has not felt terror upon hearing the words,...

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