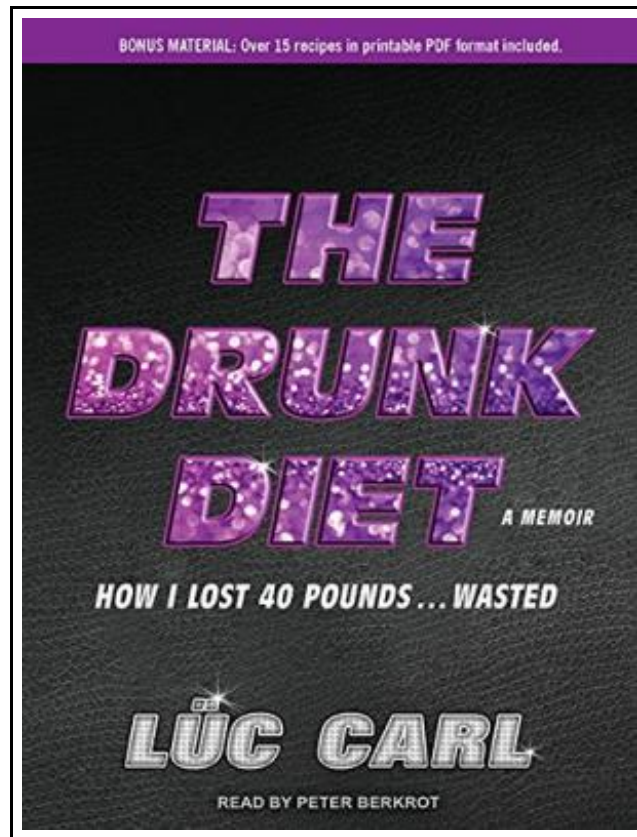


The Drunk Diet: How I Lost 40 Pounds.Wasted: A Memoir



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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

THE DRUNK DIET: HOW I LOST 40 POUNDS.WASTED: A MEMOIR



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Tantor Media, Inc, United States, 2012. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. With his trademark rock n roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Luc Carl fit the part as a bar manager based in New York City s gritty Lower East Side. And life was good for this Omaha, Nebraska, transplant--a talented drummer who originally moved to the big city to pursue his rock n roll dreams--until, suddenly, it wasn t. Fast forward through seven years of working long hours, binging on late-night Chinese food, and drinking excessively; life had found Luc forty pounds overweight and completely out of shape. But when he turned to the experts for advice--reading countless fitness and weight-loss books in the process--he discovered that they all made the same claim: You can t drink alcohol if you want to lose weight. Luc decided to take matters into his own hands to transform his body and his life his way.Full of charismatic wit and raucous stories about his life, The Drunk Diet will inspire and challenge you to become fitter, healthier, and happier. Luc s fitness philosophy isn t about following a list of rigid rules or traditional do this, not that charts, but gaining a better understanding of how the body works and discovering what you re personally willing to change about your lifestyle in order to reach your goals. For him, that meant trading in the crap he was eating for unprocessed, natural foods and embracing a new-found love for exercise, but never sacrificing his social life (or his love for cold beer).This is the story of how one chain-smoking, cheeseburger-eating, hard-partying rock n roller grew into an avid runner and cyclist and, ultimately, a happier version of himself. He will be the...



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