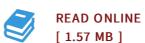




Fit, Healthy and Intoxicated: A Self-help Book for Alcohol Lovers

By Cindy Cannon

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Fit, Healthy and Intoxicated: A Self-help Book for Alcohol Lovers, Cindy Cannon, This book is about being fit and healthy from a drinker's perspective. Cindy Cannon likes to drink and she drinks a lot. She also holds down a responsible job as a court reporter and maintains she has a fit and healthy liver. In her chatty, readable style, with generous doses of humour, Cindy talks about how to enjoy alcohol regularly and in generous quantities while maintaining good digestive and liver function. Fit, Healthy and Intoxicated has practical food facts including information on dairy and soy products, water and oral hygiene, exercise, healthy eating and cooking, as well as how to have fun and avoid aggressive drunks. Cindy looks at the downside of drinking to excess in her typically honest way as well as debunking some stereotypes about those who 'like a drink'.Whether you're a wowser or an alcoholic, Fit, Healthy and Intoxicated is a fascinating read which offers sound health advice for everyone.



Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- Rocky Dach

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

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