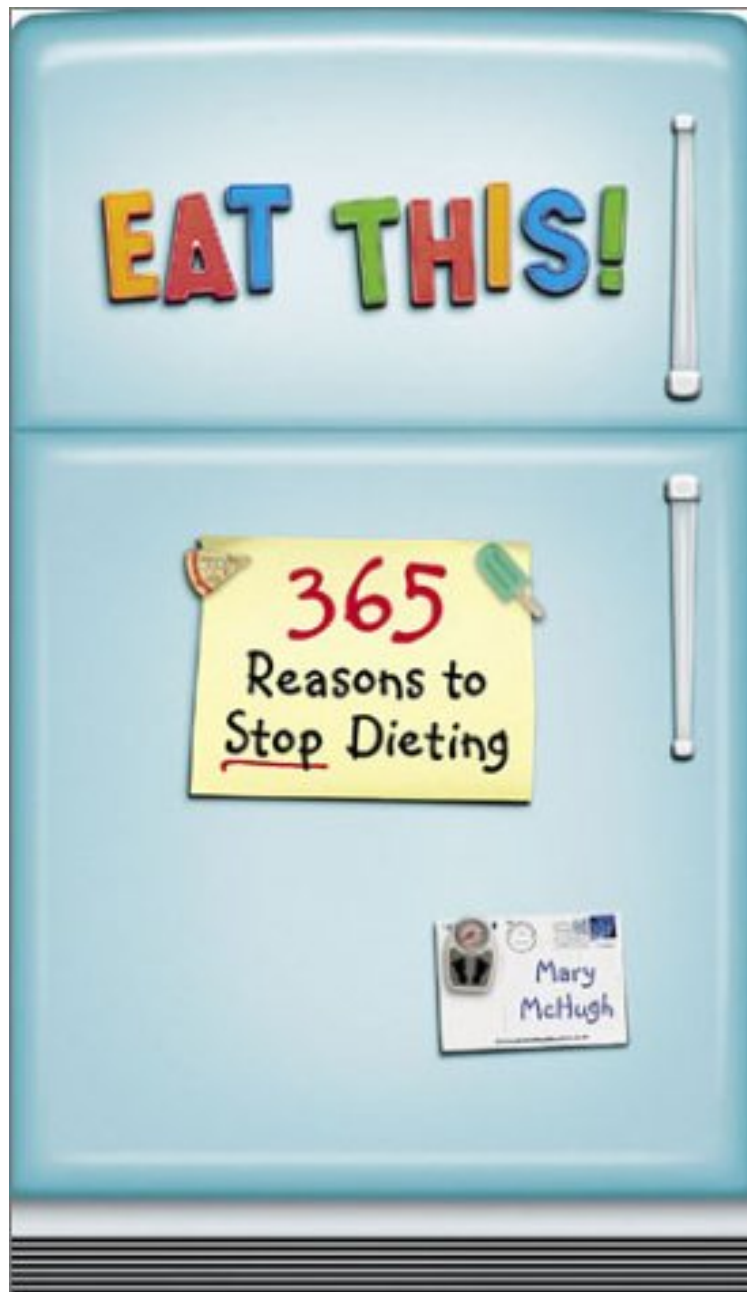


(Free read ebook) Eat This!: 365 Reasons to Stop Dieting

Eat This!: 365 Reasons to Stop Dieting

Mary McHugh

ePub | *DOC | audiobook | ebooks | Download PDF



#4776596 in Books 2003-12-01 Original language: English PDF # 1 6.60 x .80 x 3.90l, 1.10 #File Name: 0811841588240 pages | File size: 21.Mb

Mary McHugh : Eat This!: 365 Reasons to Stop Dieting before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat This!: 365 Reasons to Stop Dieting:

0 of 0 people found the following review helpful. Five StarsBy Daniel OrtegaVery humorous!0 of 0 people found the following review helpful. Eat This: 365 Reasons to stop dietingBy C. StebbingEat This: 365 Reasons to Stop Dieting is a book that will make you chuckle. In a society that puts too much emphasis on food and weight this book reveals a lighter side to it. It brings back the fun side of food allows the reader to laugh while doing it. This book brings to light that you should enjoy your food, isn't that the truth?0 of 0 people found the following review helpful. Another fun book by MaryBy BookauntThis is another tongue in cheek book by Mary that I could not put down. These are great little books for a quick read or to give as a gift. Let me share a few of Mary's reasons to stop dieting: dieting makes your breath stink, you need those marshmallows when you have PMS, and one of my favorites - you can't care if you are fat or thin. I can't say enough good things about these little books by Mary because I love them and would recommend you read them for a good laugh.

Eat This! is the anti-diet guide, the perfect pick-me-up for anyone with the diet blues. It's packed with 365 humorous musings on why diets are no fun, don't work, and will never compare with the pleasures of a chocolate éclair. Author Mary McHugh brings a much-needed dose of common sense to the world of dieting, extolling both the pleasures of homemade macaroni and cheese, as well as the satisfaction of burning 353 calories learning to salsa dance. Eat This! celebrates the woman who's sassy, sexy, and who'd be a lot happier if she stopped worrying about her weight. Shaped like a miniature refrigerator, Eat This! is the perfect gift for a friend or sister who's fed up with diets.

About the AuthorMary McHugh has written for the New York Times , Cosmopolitan , and numerous national magazines. She is currently trying out a "wine and chocolate" diet. She lives in Chatham, New Jersey.