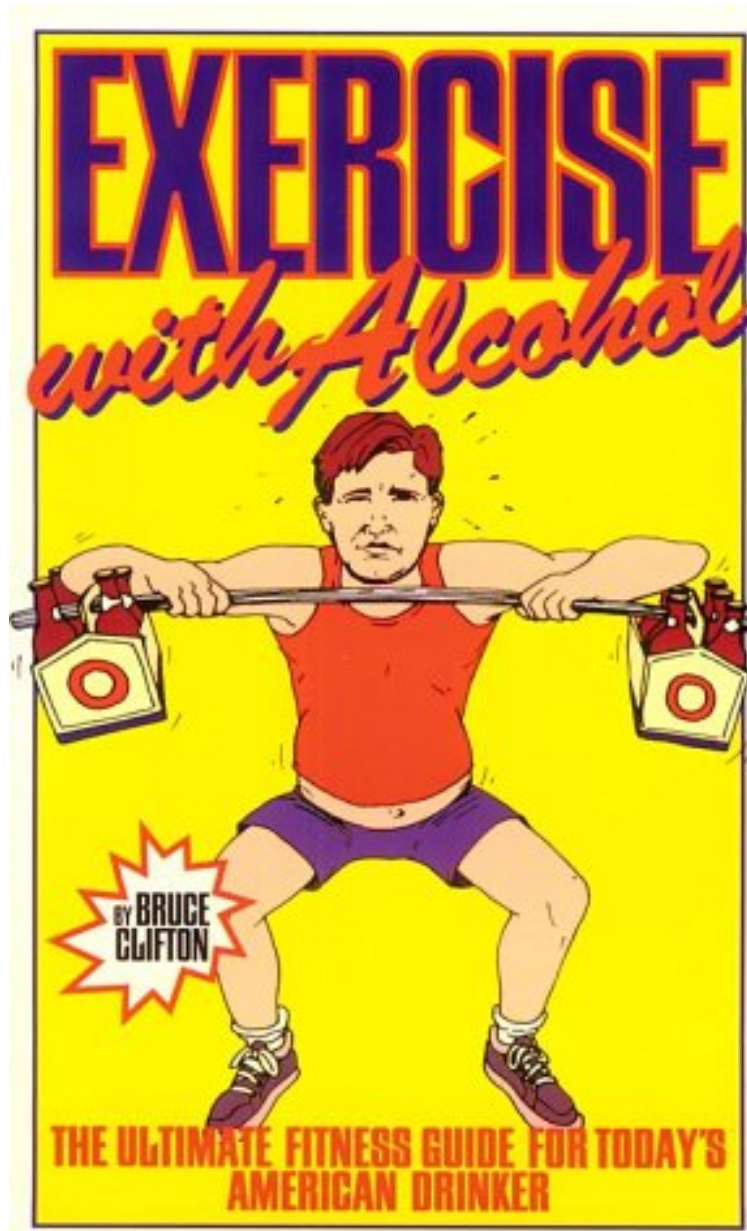


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# Exercise With Alcohol: The Ultimate Fitness Guide for Today's American Drinker

Bruce Clifton

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**Bruce Clifton : Exercise With Alcohol: The Ultimate Fitness Guide for Today's American Drinker** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Exercise With Alcohol: The Ultimate Fitness Guide for Today's American Drinker:

1 of 2 people found the following review helpful. Written for the drinking man by a drinking manBy A CustomerThis book is just flat out amusing. From the exercise tips and anecdotes and extensive quotes, this book is worth it's weight in gold. But when you read it, make sure you have a six-pack handy so you can fully savor the book! =>8 of 9 people found the following review helpful. Sloshed, Plastered and absolutely BrilliantBy Sudhir KamathThis book is especially meant for those evenings when you are about to go on a binge and know that serious repercussions might exist - and do not even want to avoid them.Bruce Clifton has put together an amazing collection of anecdotes and examples to buttress his exercises. The section where Noah S. Sweat addresses the mississippi house is simply unbeatable.. overall, an enjoyable read.Enjoy it while you're still sober!

An entertaining approach to the problems of excess drinking. Clifton shows how you can get drunk and get in shape at the same time. Wickedly funny, it is part exercise manual, part historical revelation, part provocative social satire, and all great entertainment. Readers have found it a delightful tome on drinking and drinkers.