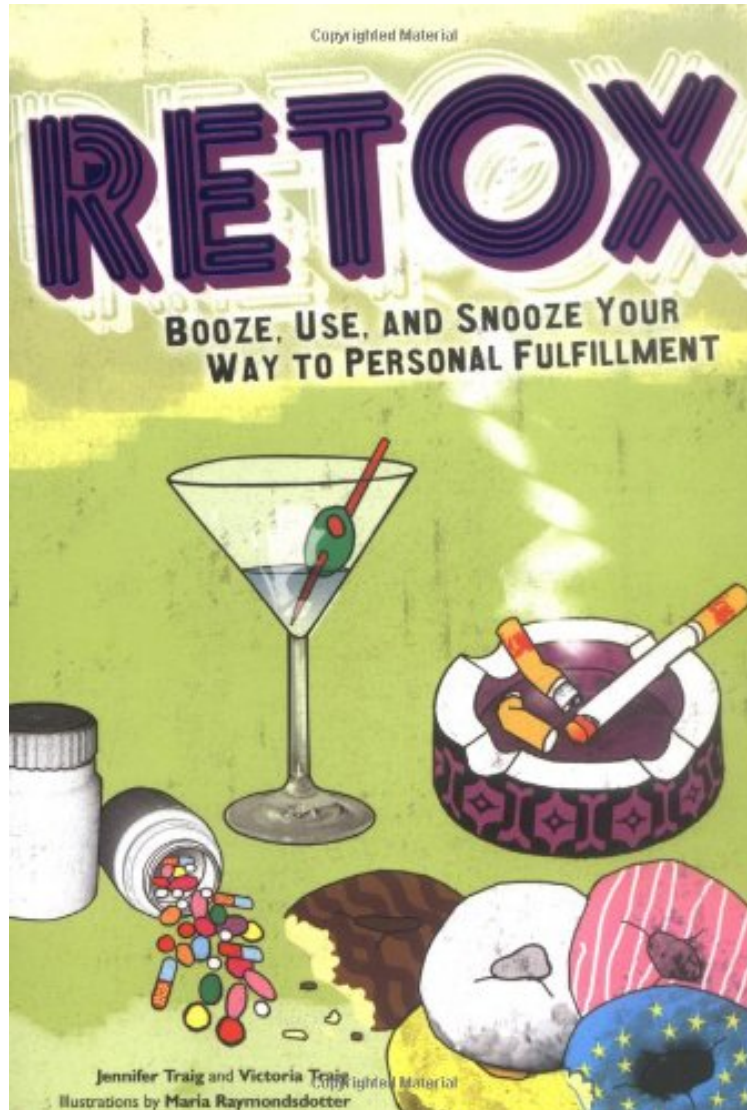




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## Retox: Booze, Use, and Snooze Your Way to Personal Fulfillment

Jennifer Traig, Victoria Traig  
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**Jennifer Traig, Victoria Traig : Retox: Booze, Use, and Snooze Your Way to Personal Fulfillment** before purchasing it in order to gage whether or not it would be worth my time, and all praised Retox: Booze, Use, and Snooze Your Way to Personal Fulfillment:

12 of 13 people found the following review helpful. Hysterical!By Salil ManiktahlI bought this book after flipping to the "Table of Equivalents" for common drugs and cracked up in the store, laughing like a loon at the home equivalent of Valium ("Old English 800 + mild Concussion + Best of Burt Bacharach on CD," I think it was). Great stuff! It had me in stitches. Ok, it's not deep, but it's really fun to pass around to your friends.Maybe it's also really fun if you live

in San Francisco and need an antidote to the @#!%\$^ granola attitude that tries to run you over in the street. Whatever the underlying reason, it's subversive and thus highly enjoyable. :-)

2 of 2 people found the following review helpful. Very funny, quick read! GREAT for flights. By Emily If you actually know what it's like to get trashed - to drink to much and abuse cold medicine just a bit ... then you will find this book really funny. I mean, some of the stuff was just dead on with it's psuedo-endorsements of the destructive behavior of people who seemingly function normally! Ok, so, I started reading it on a flight departing from San Francisco, and was done about 2 minutes before we landed in Seattle. 1.5 hours reading max, But it had me chuckling out loud quite a few times, and it's hard for a book to do that. For example, one of the recipes was "Open your cabinet. Take 5 cans of ANYTHING. Put it into a pot. Simmmer for 5 minutes. Serves 6" or something like that (the book makes it sound funnier than I do here). Anyway, I can't explain why I found that so funny, but I did. It's just so absurd, but so spot on. If you totally don't relate at all to self-destructive sorts of behavior (drinking too much, eating bad stuff, abusing your medicine cabinet for unintended purposes, etc) then you may not find the sheer humor in this. But if you do, it's a great read. A slim book that you should buy and slip into your carryon for your next short flight. It's perfect. 4 stars instead of 5 only for being a very short read.

2 of 3 people found the following review helpful. Burned Calories laughing so hard!! By L. wilhoit This book was the inspiration for myself and a co-workers new years resolution - to keep laughing! In today's world, we all take ourselves much too seriously - this book is so ridiculous it is a riot!

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