

# [PDF] The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir

**Peter Berkrot, Luc Carl - pdf download free book**

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**Books Details:**

Title: The Drunk Diet: How I Lost 40

Author: Peter Berkrot, Luc Carl

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## **Description:**

**Review** "This long-haired, leather-loving nontraditional-diet guru proves that by swapping midnight burger binges and processed junk for exercise and natural foods, you too can get back into your spandex tipping as you go." ---Vanity Fair

**From the Back Cover** *The Drunk Diet* is the beer-soaked tale of a long-haired, leather-clad Rock 'N Roll party-maker who transformed a whiskey-and-5-A.M.-cheeseburger lifestyle into a wildly successful weight-loss regime. If you've ever felt intimidated by the whey-guzzling, creatine-popping models on muscle magazine covers, or unmotivated by ridiculously buff fitness gurus who swear you

can look just like them if you simply follow their completely unrealistic, masochistic program...OR if you want to read about a regular guy who managed to change his life for the better, this book is for you. --This text refers to an out of print or unavailable edition of this title.

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