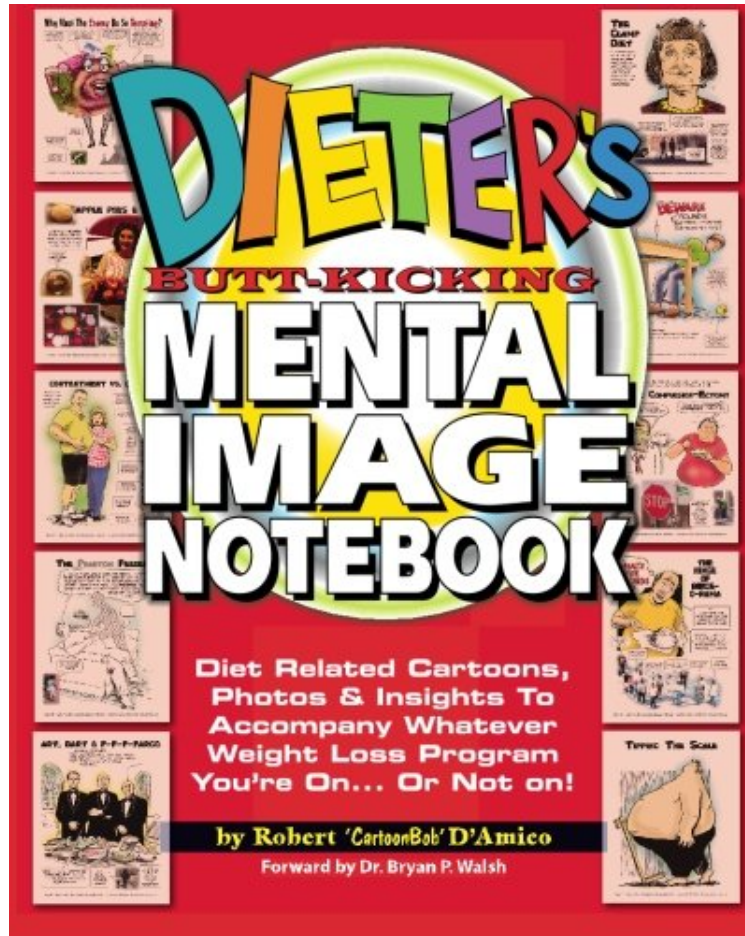


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Robert CartoonBob D'Amico : Dieter's Butt-Kicking Mental Image Notebook: Diet Related Cartoons, Photos Insights To Accompany Whatever Weight Loss Program You're On. before purchasing it in order to gage whether or not it would be worth my time, and all praised Dieter's Butt-Kicking Mental Image Notebook: Diet Related Cartoons, Photos Insights To Accompany Whatever Weight Loss Program You're On.:

0 of 0 people found the following review helpful. A welcome change from dieting rhetoricBy Carol A. E. BentleyIf you are expecting a 'new fad diet' book then this is not for you.If you like humour that gives thought-provoking insights then you'll love this unique take on the whole idea of weight-watching. Whether you want to lose weight, gain weight or just become comfortable with how you are the cartoons and comments in this book hit the spot. Browse these quality cartoons; sometimes they'll make you smile; sometimes grimace with rueful agreement and at other times

shout out laughing. What surprised me was it actually gave me the incentive to do something about my weight - I didn't expect that.

Are you the classic couch potato? Sofa Spud? Davenport Deadweight? Did you ever wish you had someone to kick your butt off the couch and make you really think about your EATING HABITS? Bob D'Amico shows us a cornucopia of unique, new ways of comically viewing the thorny problems of the overweight... all in vivid, butt-kicking mental images that leave you pumped and ready to give a roundhouse kick to your unhealthy ways of eating. If you stay at parties until "the very last bite", you may find yourself, your friends, or family- somewhere in this book. This not a diet book.... (Unless you laugh so hard you shake off a few pounds.) It's a bunch of revelations... insights... a great browse... or read... and a long-awaited relief from the humdrum. Start anywhere... the middle, beginning, end... it's just a big, free-for-all, mostly lighthearted look at overeating. Let cartoonist Bob D'Amico show you how dieters... including himself... view the subject through mostly cartoon eyes.

About the Author Cartoonist Bob D'Amico has been drawing cartoons and snapping photos for as long as he can remember. When he's not drawing cartoons about dieting, he's drawing cartoons for companies and individuals throughout the world. He also is principal of a New York City graphic design firm. He's busily working on his next few books, which will irreverently address such diverse topics as advertising (true baloney), politics (stinky cheese), relationships (meatballs on wheels), and communications (hidden agendas galore!) ... all seen from his whacky viewpoint.