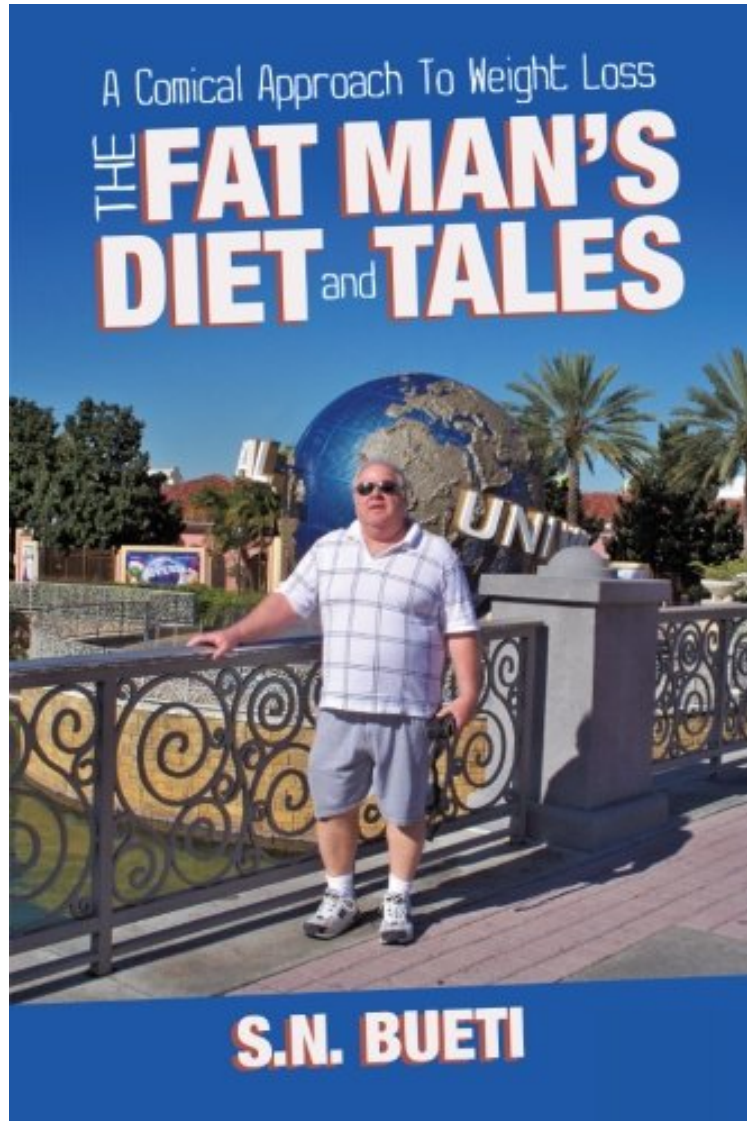


(Read now) The Fat Man's Diet Tales: A Comical Approach To Weight Loss

The Fat Man's Diet Tales: A Comical Approach To Weight Loss

S. N. Bueti

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S. N. Bueti : The Fat Man's Diet Tales: A Comical Approach To Weight Loss before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Fat Man's Diet Tales: A Comical Approach To Weight Loss:

I became inspired to return to a healthy state after almost a decade of being nothing more than a slug having eclipsed

the three hundred pound milestone. Everyone was all over my case; I was a walking time bomb. Ultimately, only I could make the decision to lose weight and once I did, everything else fell into place. The hardest thing was simply to make the COMMITMENT TO DO SO. I Stayed True to Three Unconventional Principals: I was going to Eat What I Liked; I Wasn't going to Exercise; I Wasn't going to Pay For Advice. The little digital scale validated my efforts. Now everyone wants to know my secret formula, but only after witnessing the results, as I have managed to lose 80 Pounds in One Year! The word that best described what I did was to persevere. I felt like throwing in the towel a bunch of times, but I kept going forward and the diet became easier by the day. Dieting is a matter of being on a routine and chances are if you have read this far, yours is most likely unbalanced as mine was. Once you make up your mind, you too can do the same as I did, and lose the weight. I have taken the Yo out of Yo-Yo Dieting - I continue to eat the foods I like, so there is no transitioning into anything.

About the AuthorSN Bueti lives with his lovely wife of thirty-five years Nancy, in Yorktown New York. The Bueti's ended an early retirement in Sarasota Florida in order to be closer with their sons Michael and Bobby . . . 1250 miles was just to distant. Sam loved to write short commentaries to the local paper back in the 90's, however Nancy put a stop to them when a fellow nurse said, "My husband loves Sam Bueti's humor, do you know him" Sam had to take care of his weight problem; he decided to share his unconventional methods and that naturally spilled over into a lifelong account of other humorous or interesting stories.