

A hysterical memoir of growing up as a husky ... plump ...heavy-set ... OK, FAT! child, who struggled with weight problems through adulthood, Stephen Furst shares his tips and recipes for how he went from an out-of-control 320-pound person with diabetes, to his lean, mean, low-fat eating machine of 175. A self-help cookbook of epic proportions—actually, epic portions—filled with all kinds of tips and anecdotes, it includes everything from real recipes (such as cheesecake, soup, and pasta) to how to get through the holidays without killing yourself instead of your relatives. Youve tried everything else—try laughing your way to better health. Stephen Furst has been an actor for the past 23 years, starring in the classic movie comedy Animal House and two multiaward-winning television series—St. Elsewhere and Babylon 5.

Grail Alchemy: Initiation in the Celtic Mystery Tradition, Hawkeye (2003-2004) #1, Plain Christmas (Plain Fame), Hal Leonard Ukulele Method Book 1, MR and Mischief (Mills & Boon Largeprint Romance), Full Metal Jackie Certified: The 50 Most Influential Heavy Metal Songs of the 80s and the True Stories Behind Their Lyrics, Robohelp for the Web (Wordware Robohelp Library),

The following story is excerpted from TIME's special edition, The Science of Exercise, which is available at Amazon. As I huffed and puffed up. Hello. I'm Liz, a FORMER Couch Potato! I'm a wife and mom, full-time educator, and a Zumba instructor. And I'm working on helping my family.

A great weight has been lifted from my shoulders, although not alas from my steadily expanding midriff. Half the nation does no exercise.

We have all been lazy before, but it takes a special person to be a full-blown “couch potato.” A couch potato is someone who finds an art in lying down on a.

Confessions of a Couch Potato. Oh, you did climate change research in the Amazon rainforest and collected coral samples from the Great.

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