

# THE DRUNK DIET

HOW I LOST  
40 POUNDS...  
WASTED

LUC CARL

A MEMOIR



# The Drunk Diet How I Lost 40 Pounds Wasted A Memoir

**Kaye Ballard**



## **The Drunk Diet How I Lost 40 Pounds Wasted A Memoir:**

**The Drunk Diet** Lüc Carl, 2012-03-13 With his trademark Rock N Roll hair and snakeskin spandex pants plus a hot rod and a Harley L c Carl fit the part as a bar manager based in New York City s gritty Lower East Side And life was good for this Omaha Nebraska transplant a talented drummer who originally moved to the big city to pursue his Rock N Roll dreams until suddenly it wasn t Fast forward through seven years of working long hours bingeing on late night Chinese food and drinking excessively life had found L c forty pounds overweight and completely out of shape But when he turned to the experts for advice reading countless fitness and weight loss books in the process he discovered that they all made the same claim You can t drink alcohol if you want to lose weight L c decided to take matters into his own hands to transform his body and his life his way a sort of f ck you to all those so called experts Full of charismatic wit and raucous stories about his life The Drunk Diet will inspire and challenge you to become fitter healthier and happier L c s fitness philosophy isn t about following a list of rigid rules or traditional do this not that charts but gaining a better understanding of how the body works and discovering what you re personally willing to change about your lifestyle in order to reach your goals For him that meant trading in the crap he was eating for unprocessed natural foods and embracing a newfound love for exercise but never sacrificing his social life or his love for cold beer This is the story of how one chain smoking cheeseburger eating hard partying Rock N Roller a self proclaimed out of shape bloated asshole grew into an avid runner and cyclist and ultimately a happier version of himself He will be the first to tell you If he could do it so can you

**The Drunk Diet** Lüc Carl, 2014-05-10 The Drunk Diet tells a beer soaked tale of a long haired leather clad rock n roller who transformed a whiskey and 5 00 a m cheeseburger lifestyle into a wildly successful weight loss regime

**Tales from the Drunk Diet** Lüc Carl, 2012-01-06 An excerpt taken straight from L c Carl s upcoming memoir The Drunk Diet How I Lost 40 Pounds Wasted a beer soaked tale of a long haired leather clad rock n roll party maker who transformed a whiskey and 5 00AM cheeseburger lifestyle into a wildly successful weight loss regime Full of charismatic wit and insane stories about his life this excerpt is a mix of memoir and advice laugh and be inspired while he takes you along on his hilarious journey to become healthier and fitter and live vicariously through a guy who likes to have a good time ALL the time even if that now means running 8 miles a day

**Drink Your Carbs** Steven Deutsch, Andrea Seebaum, 2015-02-16 Drink Your Carbs a low carb diet for people who don t want to give up drinking alcohol Over 270 pages of science based reporting A complete list of foods to be eaten limited and avoided Practical advice for making exercise a part of your daily life Recipes and cocktails Recommendations for low carb travel A researched response to question How much can I healthfully drink The first Blooper Reel ever included in a printed work There is no magic There are no pills to take nor proprietary shakes to blend There is no need to embarrass yourself at weekly weigh ins or purchase Drink Your Carbs branded frozen dinners The Drink Your Carbs concept is simple the calories in alcohol can be offset through a combination of exercise and exchanging high calorie low nutrition foods such as added sugars and simple carbohydrates for

quality meats fresh fruit and vegetables Losing weight while continuing to drink alcohol is as easy as pie as long as you accept the fact that you can no longer eat pie      **Half-Assed** Jennette Fulda,2008-04-29 After undergoing gall bladder surgery at age twenty three Jennette Fulda decided it was time to lose some weight Actually more like half her weight At the time Jennette weighed 372 pounds Jennette was not born fat But by fifth grade her response to a school questionnaire asking what would you change about your appearance was I would be thinner Sound familiar Half Assed is the captivating and incredibly honest story of Jennette s journey to get in shape lose weight and change her life From the beginning dusting off her never used treadmill and steering clear of the donut shop to the end with her goal weight in sight Jennette wows readers with her determined persistence to shed pounds and the ability to maintain her ever present sense of self      **The Fat Boy's Book** Elmer Wheeler,2012-07-01      **Your Last Diet Plan** Joyce Spruill,2019-03-07 Joyce is seventy one She has fought with her weight since she was forty until now She has written this book to help you figure out how many calories you need a day and the knowledge that you can eat regular foods and lose weight      **How I Gave Up My Low-fat Diet and Lost 40 Pounds** Dana Carpender,2003      [How I Lost 10 Pounds in 53 Years](#) Kaye Ballard,2006      [703](#) Nancy Makin,2011-06-07 A moving funny tongue in cheek memoir about a woman who lost and found herself online Nancy Makin weighed an astounding 703 pounds in May 2000 She was forty five and suffered from obesity related maladies Due to shame and logistics she was homebound for a dozen years But all that changed when she received a computer In cyberspace she found the friendliness the connection the acceptance and the nurturing she d been missing for so long She followed no particular diet plan no surgeries pills potions or ab crunching exercises played a part and yet today Nancy has lost more than 530 pounds and kept it off for more than seven years Her tale is one of redemption and shows a growing America that there is hope if you believe

[How I Lost 40 Pounds While Enjoying Beef, Butter, and Bordeaux](#) Cade Connors,2022-12-02 Diets suck For most people diets don t work Or if they do they re hard to follow and they don t make you happy If that s true for you then this book will make you happy You ll learn how I lost 40 pounds all while enjoying my favorite foods with butter and good red wine And how I keep that blubber off You ll also learn how you can work out in 30 second increments and forget about joining an expensive gym So take heart Forget about the pain You can lose weight simply and with joy and keep it off This book will tell you how My name is Cade Connors my pseudonym actually and I m a lawyer in Los Angeles But don t hold that against me

**The Happy Diet** Laura Morgan,2011 Are you sick of trying new diets getting all excited that this one might finally be the one only to find out a few weeks later that you ve gained weight      **It Was Me All Along** Andie Mitchell,2015-12-29 NEW YORK TIMES BESTSELLER A heartbreakingly honest endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self acceptance All her life Andie Mitchell had eaten lustily and mindlessly Food was her babysitter her best friend her confidant and it provided a refuge from her fractured family But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds she knew she

had to change the way she thought about food and herself that her life was at stake It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome from morbidly obese to half her size from seeking comfort in anything that came cream filled and two to a pack to finding balance in exquisite but modest bowls of handmade pasta This story is about much more than a woman who loves food and abhors her body It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off kilter world More than anything though it is the story of her finding beauty in acceptance and learning to love all parts of herself Big Guy Weight Loss Daniel

Falcon,2015-02-15 A must read for anyone committed to losing serious weight Written by someone who lost over 100 pounds this easy to read book will show you how to transform your weight and your life

## **The Drunk Diet How I Lost 40 Pounds Wasted A Memoir** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**The Drunk Diet How I Lost 40 Pounds Wasted A Memoir**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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