

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

By Lc Carl

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With his trademark rock 'n' roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Luc 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, binging on late-night Chinese food, and drinking excessively; life had found Luc 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." Luc decided to take matters into his own hands to transform his body and his life his way.Full of charismatic wit and raucous stories about his life, The Drunk Diet will inspire and challenge you to become fitter, healthier, and happier. Luc'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 new-found 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 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.

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Editorial Review

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 tippling 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.

About the Author
L?c Carl is a night club manager, long distance runner, promoter, musician, DJ, author, bartender, certified personal trainer, and semiprofessional bowler living in New York City.

A veteran of stage and screen, Peter Berkrot's career spans four decades, and his voice can be heard on television, radio, video games, and documentaries. He has been nominated for an Audie Award and has received a number of AudioFile Earphones Awards and starred reviews.

Users Review

From reader reviews:

Deborah Mele:

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The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir can be one of your starter books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to set every word into joy arrangement in writing The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir but doesn't forget the main point, giving the reader the hottest as well as based confirm resource data that maybe you can be one among it. This great information may drawn you into brand-new stage of crucial considering.

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