



A Diet For the Beer Drinking Man

By Roger C. Cotta

Infinity Publishing. Paperback. Book Condition: New. Paperback. 119 pages. Dimensions: 8.1in. x 5.4in. x 0.3in. In short, this is a Diet Book and a description of my previous history with dieting, my development of this Diet and how I achieved success with it, losing 40 pounds and keeping the weight off. In constructing this book I aimed for mass appeal. That's one of the reasons that I kept it short and non-technical and in general, a very easy read. I want this book to be bought by truck drivers and laborers as well as white-collar workers on all levels, managers, executives, artists and homemakers. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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