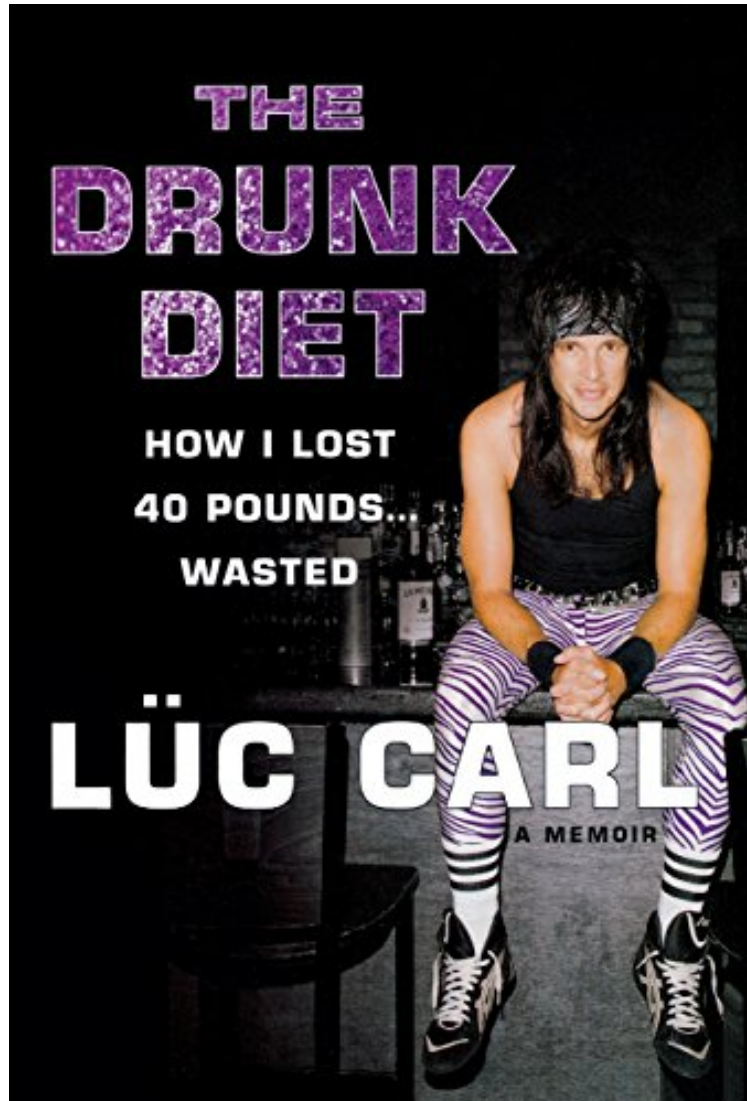


(Download free pdf) The Drunk Diet: How I Lost 40 Pounds . . . Wasted: A Memoir

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

Luuml;c Carl

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1246883 in Books 2012-03-13 2012-03-13 Original language: English PDF # 1 8.55 x 1.06 x 5.971, .91 #File Name: 125000182X272 pages | File size: 35.Mb

Luuml;c Carl : The Drunk Diet: How I Lost 40 Pounds . . . Wasted: A Memoir before purchasing it in order to gage whether or not it would be worth my time, and all praised The Drunk Diet: How I Lost 40 Pounds . . . Wasted: A Memoir:

0 of 0 people found the following review helpful. Luc is funny and entertaining and also hits the nail on the ...By Lars SlateLuc is funny and entertaining and also hits the nail on the head with your body and health. If you hate corporate America and the diet crap, then this is the book. He says in one book what 100 books are trying to say! Just make so much sense! Luc is a great motivational writer in a different cool way. If you do not get how to be in shape after

reading this book then there is no hope! I really enjoyed reading this and he helped me get back in line with health and life! Thanks Luc!
0 of 0 people found the following review helpful. Had ENOUGH of the diet fads, books, infomercials, etc. By Kindle Customer
If you are like me, and have had ENOUGH of the diet fads, books, infomercials, etc. where a fitness Goddess /God is the key tag line, then you should consider this book! If the "Cookie Diet" makes you laugh hysterically or the social media posts about losing 50 lbs. in a month because of a body wrap make you shake your head, then you definitely need to purchase 'The Drunk Diet'. Luuml;c Carl is an everyday guy who took a good look at the fads, the scams, and the genetic wonders of the world, then made a decision to change his lifestyle. His opinions are amazingly insightful with just a little bit of deprecation for his former bad habits, topped off with loads of humor that will frequently have the tears rolling while you are nodding in agreement. I'm on my second pass of 'The Drunk Diet' because I found Luuml;c's book to be loaded with gems that I need to further evaluate in order to take a frank look at my own bad habits and lifestyle choices. Case in point: Luuml;c has worked atypical schedules (like me), and has successfully maintained his lifestyle changes, so that excuse doesn't fly anymore. If you are easily offended, then this may not be a very good choice for you. If you want to be truly inspired by a neat unique individual that lays it all out on the bar, then order right now!!
0 of 0 people found the following review helpful. Really a fun read
By Horatius
Easy but fun read. Most of the advice is good. Some of his nutrition information isn't the best, but in general if you follow his directions you will be closer rather than farther away. Rock and roll baby!!

With his trademark Rock 'N Roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Luuml;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 Luuml;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." Luuml;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. Luuml;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.

Make no mistake. Luuml;c Carl is the real deal.
Runners World, November 2012 Issue
In his frank and funny book *The Drunk Diet*, Luuml;c Carl shares legit running tips.
Runners World, April 2012 Issue
If you need motivation to ride, run, or just eat better, you'll find Carl to be an inspirational cheerleader for the healthy rock-and-roll life.
Bicycling Magazine
What happens when a rock 'n' roll bartender finds that too many nights of boozing and eating pizza pile on the pounds? "The Drunk Diet" -- which, despite its title, means learning to love running, and drinking in moderation.
USA Today
Tipping the profanity scale by dropping the F-bomb 288 times, 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
His enthusiasm is infectious, and you are basically hearing him talk through the page. That's a rarity for any writer to achieve.
The Examiner.com
His book chronicles his journey to thin and proves that boozing and losing needn't always be mutually exclusive. You might not party like Luuml;c, but you can still learn from him about keeping your belly flat when your tumbler's full.
MensHealth.com
Carl is refreshingly up-front...ample amounts of sensible advice, whether you're lookin' to get ripped or just drop a few pounds.
Penthouse Magazine
I could open the book to any page and be amused at the way he tells his story, but his method is reliable and his information true.
The Dallas Morning News
Rock 'N Roll Jesus
The Dudley and Bob Morning Show, 93.7 KLBX The Rock of Austin, TX
The Drunk Diet couldn't have come at a better time in my life. After 20 years working as a chef, eating all day, drinking all night and then eating AGAIN at 5 am, something had to change. But I didn't even know how to begin changing decades long bad habits; Luuml;c Carl demonstrates that YOU truly are the key to your own health and happiness—not expensive gym memberships or unrealistic diet plans developed by "experts". This is as straight forward as it gets, with real advice that WILL change your life.
Chris Santos, Celebrity Chef (Stanton Social, Beauty Essex, and the Food Network's Chopped)
Rock n Roll + long hair + whiskey + beer - cigarettes - 5 A.M. cheesesteaks + balls + running + cycling + broccoli - 40 pounds = The Drunk Diet.
Brian Newman, jazz trumpeter and singer
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
Luuml;c Carl is an author, the voice of rock 'n roll on SiriusXM satellite radio, long-distance runner, semi-professional bowler, drummer, party maker, and running coach having multiple certifications in track field and endurance. After moving to the big city at a young age, he worked his way up, managing his own rock 'n roll bar by the age of 25. After years of hard living his quest to become the sexiest man in the world has been chronicled on his wildly successful blog. He is originally from Omaha, NE. Go Big Red.