



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

By Lc Carl

Download now

Read Online 

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

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.

 [Download The Drunk Diet: How I Lost 40 Pounds...Wasted: A M ...pdf](#)

 [Read Online The Drunk Diet: How I Lost 40 Pounds...Wasted: A ...pdf](#)

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

By Lc Carl

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

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.

The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl Bibliography

- Brand: Brand: Tantor Media
- Published on: 2012-04-30
- Formats: Audiobook, CD, Unabridged
- Original language: English
- Number of items: 5
- Dimensions: 6.40" h x .90" w x 6.70" l, .54 pounds
- Running time: 21600 seconds
- Binding: Audio CD

 [Download The Drunk Diet: How I Lost 40 Pounds...Wasted: A M ...pdf](#)

 [Read Online The Drunk Diet: How I Lost 40 Pounds...Wasted: A ...pdf](#)

Download and Read Free Online *The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir* By Lc Carl

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 tiptling 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:

Anthony Pippin:

What do you regarding book? It is not important with you? Or just adding material when you really need something to explain what the one you have problem? How about your extra time? Or are you busy individual? If you don't have spare time to perform others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Every person has many questions above. They must answer that question mainly because just their can do that will. It said that about publication. Book is familiar on every person. Yes, it is appropriate. Because start from on pre-school until university need this particular *The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir* to read.

Destiny Hunt:

In this 21st one hundred year, people become competitive in every single way. By being competitive right now, people have do something to make them survives, being in the middle of the actual crowded place and notice simply by surrounding. One thing that often many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive boost then having chance to stand up than other

is high. For yourself who want to start reading a new book, we give you this specific The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir book as nice and daily reading reserve. Why, because this book is more than just a book.

Della Ferguson:

The publication untitled The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir is the guide that recommended to you to read. You can see the quality of the reserve content that will be shown to you. The language that creator use to explained their ideas are easily to understand. The writer was did a lot of study when write the book, hence the information that they share to you personally is absolutely accurate. You also could possibly get the e-book of The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir from the publisher to make you considerably more enjoy free time.

Carlton Wood:

You are able to spend your free time to learn this book this reserve. This The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir is simple to deliver you can read it in the park, in the beach, train as well as soon. If you did not have much space to bring the actual printed book, you can buy the actual e-book. It is make you quicker to read it. You can save typically the book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

Download and Read Online The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl #MVYQ6GLWK5D

Read The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl for online ebook

The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl books to read online.

Online The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl ebook PDF download

The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl Doc

The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl Mobipocket

The Drunk Diet: How I Lost 40 Pounds...Wasted: A Memoir By Lc Carl EPub