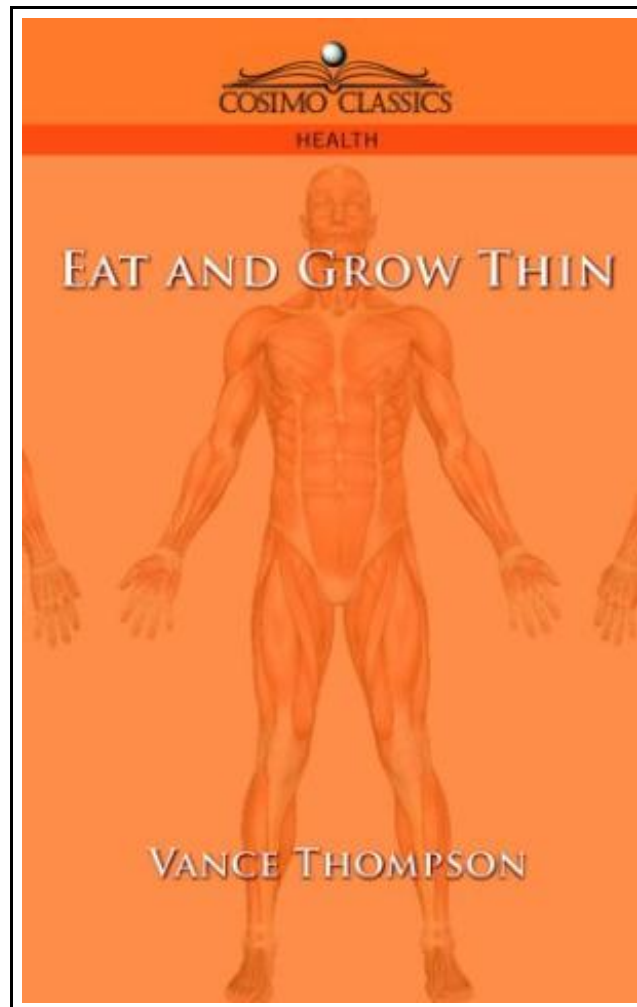


Eat and Grow Thin



Filesize: 4.52 MB

Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).
(Prof. Edgar Kshlerin)

EAT AND GROW THIN



Cosimo Classics. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 7.9in. x 5.0in. x 0.3in. Known as one of America's first low-carb diet books, author Vance Thompson offers his strategy for escaping the tragedy of growing fat. What's more, the Mahdah menus tell you exactly what to eat just what food values should be banked every day. The menus are composed. Each luncheon is complete in itself. Each dinner provides exactly the nutriment needed and in exactly the right proportions. And breakfast Oh, we of the slim-waisted gracilities breakfast on a cup of yellow tea or a cup of black coffee or a dish of fresh, ripe fruit. Originally published in 1914 and long out-of-print, *Eat and Grow Thin* proves just how long low-carbohydrate eating plans have been around. Of course, contemporary dieters familiar with the current low-carb craze will find memorable advice here as well as a wealth of slimming recipes from the turn of the century. VANCE THOMPSON (1863-1925) was an American author and literary Renaissance Man of the early 20th century. His work covers a wide-range of genres including poetry, stage plays, miscellaneous manuscripts as well as sheet music. Capitalizing on popular tastes of the era, his earlier works include *The Ego Book: A Book of Selfish Ideals* (1914), *Drink and Be Sober* (1916), and *Live and Be Young* (1920). An extensive collection of his literary works and personal papers are stored in the Library for Rare Books and Special Collections at Princeton University. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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