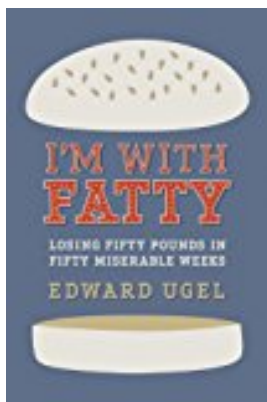


[PDF] I'm With Fatty: Losing Fifty Pounds In Fifty Miserable Weeks

Edward Ugel - pdf download free book



Books Details:

Title: I'm With Fatty: Losing Fifty
Author: Edward Ugel
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Description:

From Publishers Weekly Ugel (Money for Nothing), freelance writer and Huffington Post blogger, opens his newest memoir with an evocative and eye-grabbing lead sentence ("I'm haunted by mirrors") as he allows us to follow the fat as it melts. He begins with his Bethesda, Md., family life, explaining how he became a freelance writer after he was fired in 2006. Snoring and sleep apnea sent him off to the Center for Sleep and Wake Disorders in Chevy Chase, where he learned he had to drop from 263 pounds to 213, which he saw as a monumental challenge: "Starting a real diet after so

many years of eating anything I wanted was akin to turning around a cruise ship." Ugel's task becomes clear as he documents battles lost at lunchtime, candy binges and secret eating: "Every bite tasted like failure." As he visits a health club, gets a trainer, plays racquetball, starts a food journal, does daily workouts, and meets with a nutritionist, the pounds vanish. Recalling embarrassments, triumphs, and defeats, Ugel shares intimate moments of his struggle. After much denial and shame, confronting emotional and psychological issues while fighting his "inner demons," he eventually was stepping on the scales with a Rocky-like determination. When he details the delights of food, one can get hungry just turning the pages.

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Review

People Magazine

"We tend to think of fat women in this culture as tragic. But a fat man? Now, that's comedy! Except when it's not. What if the fat man—who is, admittedly, a very funny fellow—is a depressed and emotional eater who, at 36, doesn't want to leave the house and, after being diagnosed with sleep apnea (he snores like a rhino), faces the humiliating and scary prospect of wearing a mask with a chin strap to bed? So Ugel poses a challenge for himself: Drop the 50 lbs. he'd put on the past year in the same amount of time. "I wasn't looking to go on Oprah in a bikini . . . I just wanted the American dream: to sleep like a normal guy again so my wife could see my face when she refused to have sex with me." What follows is a witty account of colonics and juice fasts, punishing workouts with his trainer, and his five-day bender on Chinese and Thai takeout when his wife leaves town. The ending is predictably upbeat, and we cheer for him. But he, and we, know the truth: He is locked in a lifelong battle with Crispy Beef and Peking duck."

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