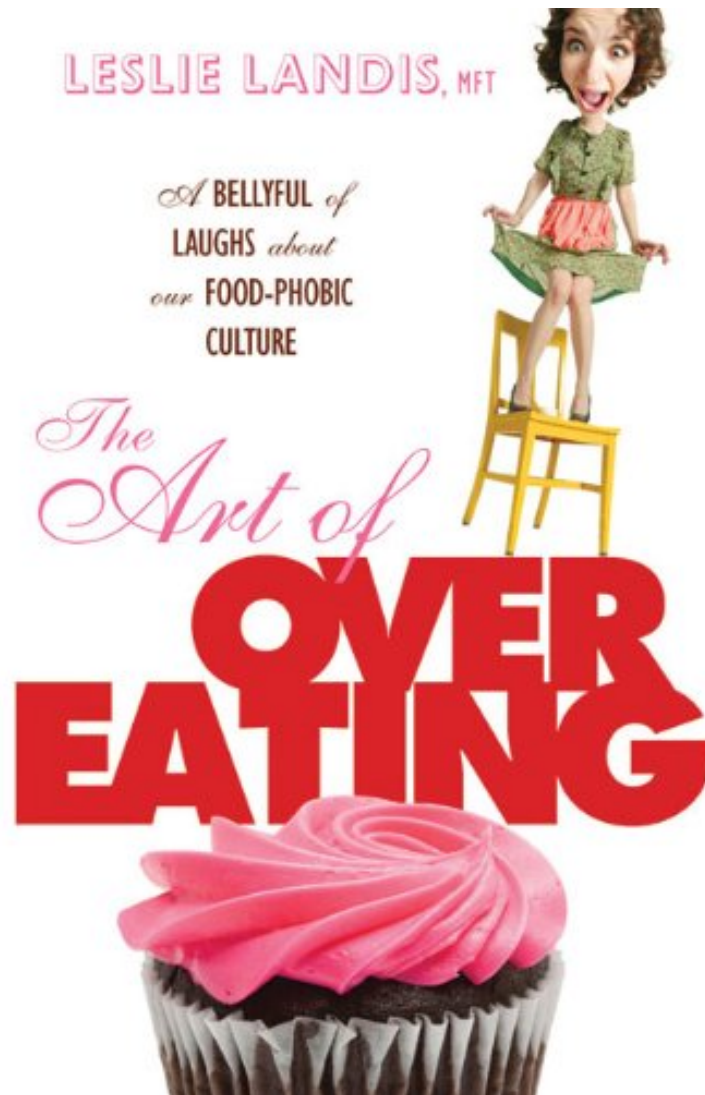


(Online library) The Art of Overeating: A Bellyful of Laughs About Our Food-phobic Culture

The Art of Overeating: A Bellyful of Laughs About Our Food-phobic Culture

Leslie Landis MFT

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Leslie Landis MFT : The Art of Overeating: A Bellyful of Laughs About Our Food-phobic Culture before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Overeating: A Bellyful of Laughs About Our Food-phobic Culture:

0 of 0 people found the following review helpful. ;)By I LOVE THE USA Funny1 of 1 people found the following review helpful. Not to my tasteBy Andrew S. RogersI don't think of "The Art of Overeating" as a "book" that was "written," but rather as a series of two-page layouts submitted by a designer trying to prove his or her versatility, aided

by a copywriter who has found a vein of humor and is determined to mine it for all it's worth. The thesis here boils down to things like "Food is fun!" and "Obesity is destiny!" It's certainly nice to hear that sort of message as a balance to all the busybodies determined to make us healthy through various combinations of invasive laws and Puritanical shame. But at the same time, it's never really clear whether our copywriter means it, or if she's trying, like the author of the (admittedly much worse) *How to Be a Complete Utter Failure in Life, Work Everything: 39 1/2 Steps to Lasting Underachievement*, to make a point-that's-good-for-us by taking the opposing argument to its *reductio ad absurdum*. There are a few clever lines here, and I think the aforementioned designer achieved her goal, but I certainly didn't find "a bellyful of laughs." But then, there's no arguing about tastes. 1 of 1 people found the following review helpful. More fun than a deep fried Twinkie with chocolate sauce! By PT Cruiser This book takes about the same amount of time to read as eating a big box of gingerbread cookies dipped in a tub of Cool Whip and it's twice as much fun! Leslie Landis uses a bit of reverse psychology to illustrate what NOT to do if you want to maintain a healthy body and lifestyle. On the other hand, if you're looking for a quick way to put on a bunch of pounds, there is plenty of helpful advice here! This book had me rolling my eyes and laughing out loud while reading it. The illustrations and photos which are on just about every page are funny and entertaining. There's a little bit of food porn here, but most of the food photos seem to go for quantity, not quality, and I wasn't too tempted even though I've been cutting back on calories while reading it, trying to lose a couple pounds. With so many other diet books out there telling me what I need to do to lose weight, many with complicated formulas for cutting calories, carbs, fats or whatever, this book is a down to earth, commonsense look at what made you gain the weight to begin with. It would be a good gift book for anyone starting a diet or slugging it out on a long term one. It's also a good gift type book for anyone who just likes to laugh and appreciates a tongue in cheek look at this whole business of dieting.

Fed up with fat-phobia? Welcome to *The Art of Overeating*, the anti-diet bible that's chock-full of not-too-weighty wisdom. It flies in the face (not to mention the sucked-in gut) of our calorie-obsessed culture. Above all, it finds the funny bone in our culinary excess while offering reassurance that there's no such thing as too much food. Witty text and imaginative illustrations encourage us to dig in and enjoy our meals, while imparting essential tips such as The best way to eat healthy is to eat in large quantities. How else can you be sure that you are getting all the vitamins and minerals you need? Interesting and informative food facts enliven the pages, while the authors wry style makes it clear she's not endorsing gluttony--just reminding us to have a little fun with our fries. For those who love laughter, life, and food, here's a treat worth indulging in and it doesn't even contain a single calorie!

About the Author Leslie Landis has been a practicing clinical psychologist since 1999. In that capacity she has encountered many other people who eat, spend, avoid, deny, and defy, and has gained many insights through their experiences.