



To Hell with the Diet

By Aubrey Malone

The History Press Ltd. Paperback. Book Condition: new. BRAND NEW, To Hell with the Diet, Aubrey Malone, In chapters entitled 'The Hell of Healthy Food', 'Why you Shouldn't Diet', 'The Light-hearted Side of Weight', 'Daft Diets', and 'Food Philosophy', Aubrey Malone has collected a hilarious compendium of witticisms on the greatness of grub, from thought-provoking reflections to laugh-out-loud observations. This handy, pocket-sized book is a must-have for all those guilty epicureans and gorging gourmets wanting some food for thought.



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