



Till We Eat Again: Confessions of a Diet Dropout

Judy Gruen

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Can a woman who will follow you anywhere if you promise her a hunk of chocolate pecan pie ever change her evil ways and find happiness as a gym rat? Can this same sugar-addicted female find glory doing bicep curls and chomping down collard greens, with only the occasional breakdown over a crumb ring donut?

Till We Eat Again: Confessions of a Diet Dropout follows Judy Gruen's true adventures as she tries to lose fifteen measly pounds in time for a 20-year college reunion. And she pulls no punches, except during boxing class: Judy belly dances to the "camel," runs laps while an Army major blows his whistle at a fitness boot camp, and gets tangled in yoga positions so bizarre the paramedics need the "Jaws of Life" to get her out. She'll also try to figure out who's got the straight skinny on nutritional news, as medical researchers conclude that even drinking too much water can kill you. After months of these and other indignities, she'll earn a bookmark made of real paper for losing five pounds on Weight Watchers.

Will she meet her weight loss goal? (Hint: This book is non-fiction!) Turn each laugh-filled page and find out!

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