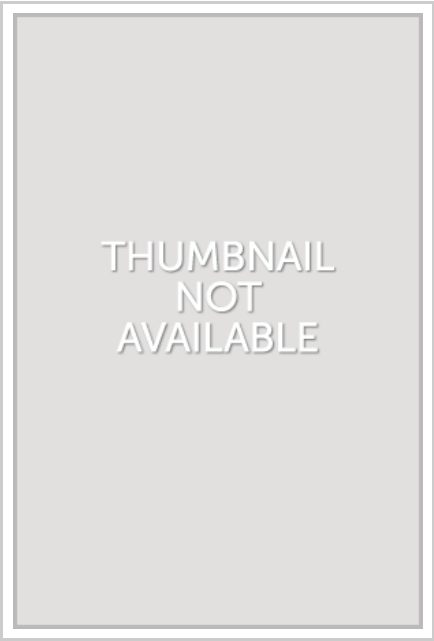


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Fit, Healthy and Intoxicated: A Self-help Book for Alcohol Lovers

By Cindy Cannon

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Fit, Healthy and Intoxicated: A Self-help Book for Alcohol Lovers, Cindy Cannon, This book is about being fit and healthy from a drinker's perspective. Cindy Cannon likes to drink and she drinks a lot. She also holds down a responsible job as a court reporter and maintains she has a fit and healthy liver. In her chatty, readable style, with generous doses of humour, Cindy talks about how to enjoy alcohol regularly and in generous quantities while maintaining good digestive and liver function.Fit, Healthy and Intoxicated has practical food facts including information on dairy and soy products, water and oral hygiene, exercise, healthy eating and cooking, as well as how to have fun and avoid aggressive drunks. Cindy looks at the downside of drinking to excess in her typically honest way as well as debunking some stereotypes about those who 'like a drink'.Whether you're a wowser or an alcoholic, Fit, Healthy and Intoxicated is a fascinating read which offers sound health advice for everyone.

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