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The Goomba Diet Living Large And Loving It

Steven R. Schirripa

The Goomba Diet Living Large And Loving It:

The Goomba Diet Steven R. Schirripa, 2007-12-18 Stop crying The Goomba Diet is here the dolce vita diet that shows you how to eat more drink more laugh more live more and feel great while you re doing it The Goomba Diet is the personal lifestyle guide from Steven R Schirripa Bobby Bacala Baccalieri from HBO s hit series The Sopranos and author of the bestseller A Goomba's Guide to Life Developed over decades of dreaming about and then living the high life it's a how to guide for happy living how to duke a mattre d how to order a good meal how to be a good father a good husband and a good friend and how to behave at a wedding a funeral and on the job You wanna have a good time Do tip the maid don t tip the made guy Do tip the D J don t tip the D A Do tell the bride she s beautiful don t tell her she s hardly showing Do give your kids an allowance don't offer to make it interesting by shooting craps for double or nothing The Goomba Diet offers sensible weight loss tips for the guy who s gone too far Touch your toes If this is difficult pay a guy to do it for you It also offers helpful maintenance tips for the goomba who s the perfect weight and wants to stay that way Cut out those carbs Only eat pastas that end in the letter i So relax Stop worrying about how much you re eating and start worrying about how much you re enjoying it Lose weight if you like but live Put a fork in your right hand a hunk of bread in your left and mangia like you The Hollywood Reporter mean it HBO and The Sopranos are service marks of Time Warner Entertainment Company L P ,2006 Forthcoming Books Rose Arny, 2003 The Goomba Diet Steven R. Schirripa, 2006 The Believer ,2006

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