



The Macho Man Diet: Are You Out of Control? Enjoy Losing Up to 100 Pounds in 12 Months and Find Love Again; Especially If It Is Your Wife (Paperback)

By Captain K David Josephson

Outskirts Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Macho Man Diet targets Macho Men who are out of control from overeating, eating the wrong foods, over drinking, and as a result are fat, sick, tired, and unhappy with little or no love in their life, not even from their wife, if they have one. This is a Macho Man s journey back to health and happiness. The author, Captain Dave Josephson, is an accomplished airplane pilot with advanced ratings and also a Sea Captain licensed under the U.S. Coast Guard as a Merchant Marine Officer with the highest rank of Master. The author uses learning how to fly an airplane as a metaphor for completing this new journey. Learn how to fly airplanes, become an Officer and a Gentleman, shed the pounds, become healthy, clean yourself up, and as a result, attract females again. This is a nutrition book designed to forever change the way one eats, drinks, looks, and acts. The author will become your Drill Sergeant, Flight Instructor, and Commanding Officer. I will personally pin your proudly earned wings on you at one of our Wingman Battle...



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