



# To Hell With The Diet: A Feast of Quotations for the Guilty Epicurian

*Aubrey Malone*

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## **To Hell With The Diet: A Feast of Quotations for the Guilty Epicurian** Aubrey Malone

In chapters entitles 'The Hell of Healthy Food', 'Why You Shouldn't Diet', 'The Lighthearted 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-size book is a must have for all those food fanatics and gorging gourmets wanting some food for thought. "Don't ever forget: 75% of the word 'diet' is 'die'" Ruth Bryant. "Birthdays are nature's way of telling us to eat more cake" Jo Brand. "Life is too short to stuff a mushroom" Shirley Conran. "The only way to get rid of temptation is to yield to it" Oscar Wilde.

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