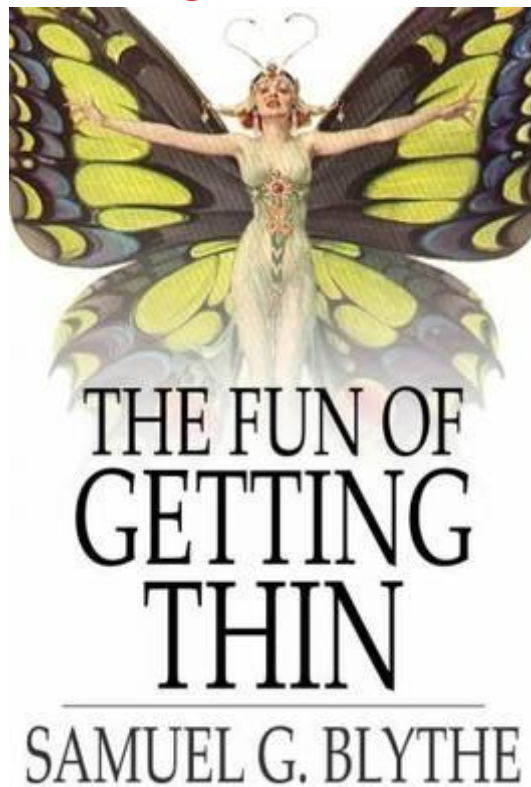


The Fun Of Getting Thin - Samuel G. Blythe



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The theory of taking off fat is the simplest theory in the world. It is announced, in four words: Stop eating and drinking. The practice of fat reduction is the most difficult thing in the world. Its difficulties are comprehended in two words: You cannot. The flesh is willing, but the spirit is weak. The success of the undertaking lies in the triumph of the will over the appetite. There's a lovely line of cant for you! Triumph of the will over the appetite. It sounds like the preaching of a professional food faddist, who tells the people they eat too much and then slips away and wolfs down four pounds of beefsteak at a sitting. However, I suppose it is necessary to say this once in a dissertation like this - and it is said. In writing about this successful experiment of mine in reducing weight I have no theories to advance except one, and no instructions to give. I don't know whether my method would take an ounce off any other person in the world, and I don't care. I only know it took more than fifty pounds off me. I am not advancing any argument, medicinal or otherwise, for my plan. I never talked to a doctor about it, and never shall. If there are fat men and fat women who are fat for the same reasons I was fat I suppose they can get thin the way I got thin. Author: Blythe, Samuel G. Publisher: The Floating Press Illustration: N Language: ENG Title:

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