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THE BROOKLYN DIET: LIFE S TOUGH BUT YOU EAT ANYWAY: A CONVERSATION WITH SAM BLOOM AND AL JOHNSEN (PAPERBACK)



Createspace, United States, 2012. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. The Brooklyn Diet: Life s Tough but You Eat Anyway isn t just about food; it s about a way of life. It celebrates simpler times when what you ate was based on your economic means; natural exercise was an inherent part of your day; food was basic, fresh, and healthy; and local communities were a vital part of daily life. This humorous,...

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- Authored by Donna Benedetti
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