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REVIEW OF DIETA MIMA DIGIUNO DR LONGO UN ESEMPIO E UNO SCHEMA

- Last December I purchased a copy of this book published by Wilder Publications. . . It was a horrible copy in that it didn't have chapter breaks at all, and had many typo's and horrible spacing. In a way, it made an already difficult book to read even more difficult. This version of the book I purchased can be found here: [UlyssesDoes this version I bought not seem a lot like this one here?](#) Notice the similar covers? The text is exactly the same, only rearranged. That and the fact that this new publisher Unabridged Books is fairly new, which at the time of this writing is not even a MONTH old, leads me to believe that they are perhaps connected. Tell me, anyone who has purchased this version, it isn't printed out of Lexington, Kentucky, is it? You should not purchase this version, not if you actually want to try and understand this book. If you plan on using outside materials to further guide you, then this book should be ignored, because the lack of chapter annotations will make it rather difficult to follow along.

- This is a well researched, high quality book; written with humor, wisdom, and a great understanding of the subject: Americans out of touch with reality. If you want to come to grips with the real problems Americans face, and what the rest of the world faces as a result of our consumerism; or perhaps you are just curious about what kind of creature "makes it" in America, then this is your book. What I admired most after finishing reading, is the folksy worldview the authors have. I mean, they quote Malvina Reynolds, of all people, who complained in her songs about the

cookie-cutter people which began to sprout up in the 50's, who lived in little boxes "made of ticky-tacky". Basicly, our lifestyle, -- maybe not yours, maybe not mine, but the average joe on the street, -- is a high-powered, high-stress, work-to-buy, overconsuming, lonely, almost meaningless existence. A state which is hardly even necessary to maintain our cherished international profile. Given the high technology, we REALLY only

would have to work 10 hour work weeks. But of course we don't. This book is set up with a diagnosis, a description of the disease (Affluenza), and the cure. It does not fail to deliver, although it is a hard pill to swallow. Highly recommended! If you are interested in this subject, also try "Your Money or Your Life" and "The Idiot's Guide to Simple Living".