

BOOKS WORTH READING



Go From Fat To Fit By Laughing Yourself Skinny

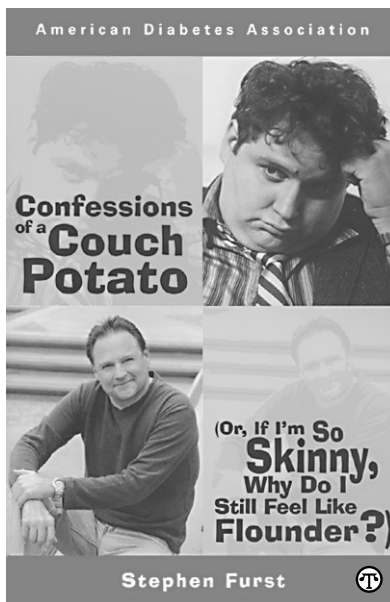
(NAPSA)—In a very funny new book, Stephen Furst—star of *Animal House*, *St. Elsewhere*, and *Buzz Lightyear*—shares the story of his transformation from fat to fit. Furst's remarkable transformation from a 320-pound man facing complications from diabetes to a lean, mean, low-fat eating machine is shared with readers in *Confessions of a Couch Potato* (American Diabetes Association, \$14.95).

His story, told with honesty and humor, is an inspirational and humorous memoir of growing up as a husky, plump, heavysset...okay fat! child who struggled with weight problems through adulthood.

"This is not another diet book with calorie counting and measuring," Furst begins. "It is the story of a metamorphosis." In his book, Furst reveals how, after years of poor eating habits, poor diabetes management, and gaining and losing some 1,500 pounds, he finally hit his personal rock bottom and changed his life.

With wry humor, Furst recounts his first date at the age of seventeen—when he was forced to disembark from a roller coaster because the seatbelt wasn't long enough for him; his many food-related jobs, where he seemed to eat all the profits; his experiences with nearly every diet plan ever devised; and how he ordered Chinese food from his hospital bed, where he faced the prospect of foot amputation due to diabetic complications.

Furst realized that if he were going to succeed at losing weight, he'd have to find a way to never be hungry. Therefore, he became fanatical about reading food labels and finding low-fat and no-fat products. And, he developed substitutions for many of his favorite



Furst, once an out-of-control 320-pound person with diabetes, is now a lean, mean low-fat eating machine of 175.

foods—from a complete Thanksgiving dinner with all the trimmings to barbecue sauce and desserts like cheesecake. "I never felt deprived because I continue to eat the things I truly loved and still love today. I just made up low-fat or no-fat substitutions and ate till I was full," Furst writes.

In *Confessions of a Couch Potato*, Furst shares many of his recipes, including a lemon poppy seed muffin bread (which was so popular on a movie set that he began to sell it to his cast mates), stuffed mushrooms, sweet potato casserole and "fried" chicken.

Confessions Of A Couch Potato is available at <http://store.diabetes.org> or by calling 1-800-232-6733, or at bookstores.