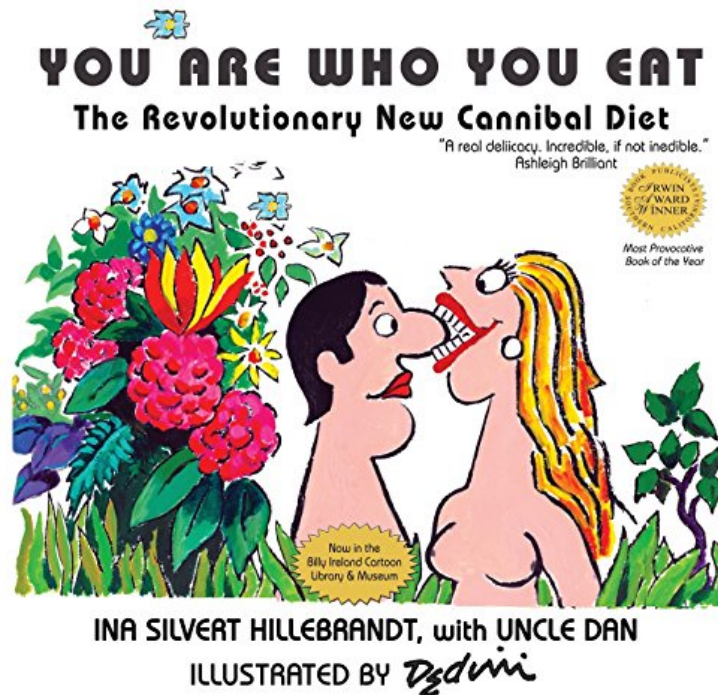


[Free pdf] You Are Who You Eat, the Revolutionary New Cannibal Diet

## You Are Who You Eat, the Revolutionary New Cannibal Diet

*Ina Silvert Hillebrandt, Uncle Dan Silvert*  
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### **Ina Silvert Hillebrandt, Uncle Dan Silvert : You Are Who You Eat, the Revolutionary New Cannibal Diet**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised You Are Who You Eat, the Revolutionary New Cannibal Diet:

0 of 0 people found the following review helpful. A delectable treat and a must read for laughing out loud By Julius Forte Not only does author Ina Hillebrandt come through with actual laugh-out-loud yucks in this delicious book, but illustrator Eldon Dedini comes through magnificently with just the right style to accentuate all the puns, jokes, stories, cartoons, and yes, even cannibal diet tips that are hurled out at us, like springing toy snakes from a just opened can of faux-peanuts. And with such chapters as Cooking Tips, Celebrity Meals, and even a Dining Out Guide (Andrew Zimmern, take note!), I guarantee hours of fun. Well, sure, we can go on for hours with our red-blooded all-American fascination with the delectable concept of cannibalism. I mean, do you know anyone on Earth who hasn't, at one time or another, recited: I ate his liver with some fava beans and a nice Chianti-iiiiii!, followed by slurping sounds. Or haven't screamed into a crowd: Soy lent Green is people! or for us older folk, shouted to people boarding a spaceship: Come back To Serve Man is a cook book! Or why so many people suddenly loved Mrs. Lovett's meat pies, and why far fewer men get a shave at their barbers anymore. Yes, the subject of eating our own has been well covered. However, perhaps not all of film, literature, music and the arts, if not actual events (notice I didn't even bring up the Donner Party) have saturated this Food Network taboo. Case in point is a prolific author Ina Silvert Hillebrandt's, (with the help of Uncle Dan), who brings us the absolutely charming and downright hysterical and addictive: You Are Who You Eat: The Revolutionary New Cannibal Diet book. This used to be called, in a good and loving and highly

complimentary way: a bathroom book. These were extremely popular in the 1960s and 1970s. Easy to read, colorful, and awash with amusing illustrations theme books of every kind, that made your trip to the loo a much looked-forward to experience books that had you so engrossed in the sitting position, that most of the time, you ended with two numb legs that had fallen totally asleep. That was always a sign of just how good the book was. Alas, as we became more sophisticated, these kind of treats disappeared. Oh, how wonderful to see it back. Not to mention numb legs, even if you read it on the couch!0 of 0 people found the following review helpful. Great change of Pace!By CustomerPerfect with a nice Bordeaux!0 of 0 people found the following review helpful. When Does The Accompanying Cookbook Come Out?!!By Kathy in HollywoodHaving been on a Paleo-type eating regimen for over a year, I took it home from a book fair hoping to jump start another weight-loss cycle. I had stopped losing weight and, actually, was beginning to put some pounds back on. "You Are Who You Eat" was a quick and hilarious read, a real surprise, a page-turner I couldn't put down for the entire ninety minutes. When the last page flew by, I was spent and my hangnails neatly bitten down to the quick. Nothing had ever tasted so good. Of course, I fell in lust with the illustrator Dedini who had tempted me with his exotic book cover and his overall glib charm. The old saying "Bite Me" will never reverberate in the same way.

"Lay off fried people" and other local tips make "You Are Who You Eat" the ideal weight loss guide for anyone - cannibal and civilian alike - who has trouble stopping after that first bite. And for people who relish cannibal jokes. Mouth-watering illustrations, previously unpublished, are by the late "Playboy," "Esquire," and "The New Yorker" cartoonist Dedini. Former chubby teen-consultant-to-Weight Watchers Ina Silvert Hillebrandt created the diet and cooking tips, along with ideas to nourish the inner cannibal while slimming down. Uncle Dan tossed social satire into the pot -- his recipe for skewered presidents is to die for, and this cooking tip, Use Oil of Ole when sauteeing Spaniards, makes so much sense when you see how he fleshes it out. HONORS Publisher Pawpress is proud to note that in February 2016, "You Are Who You Eat" was added to the collection of The Billy Ireland Cartoon Library Museum at Ohio State University, where a number of original cartoons featuring Dedini signature luscious women and lascivious men, along with other art, are housed.

.com "At last a diet that makes sense!The Donner Party"A real delicacy. Incredible, if not inedible"Ashleigh Brilliant, Best selling author, cartoonist, philosopher, epigrammist"This is not something you see everyday. A naked woman, and a diet for her. Its funny!"Albert Banderi, foreign sports car expertThis is so true!... Wait a minute. Is this tongue in cheek? Whose tongue? Whose cheek?Oswella Parsons, Housewife, Patterson, NJ"Very Viennese... Light, airy, but with an edge."Al Gollin, The Newspaper Advertising Bureau"I looked at the cover and thought it was about sex, that made me look inside. I still think, with all these women, its about that but its also about dieting for people my age, 40's, and all ages!"Eric Orue, Fitness adherent"Since no actual people were harmed during the writing of You are who you eat it's a pleasure that's both guilt and calorie-free like a delectable box of fine chocolates it could be deboured in one sitting, but I prefer savouring a little nibble each night."Leigh Ruben, rubescartoons.com, best selling authorTch, tch..This is terrible. I love it!Ron Levitt, Citibank"Everyone is so concerned about nutrition and weight loss, its refreshing to just laugh about it!"Jennifer Nibelink, USC student"I think this would really be a good book for my post-menopausal friends. When you get to be our age, everything starts slipping... This is funny, but it has some good diet ideas. And humor helps you diet!"Barbara Nunn, Retired educator."OMG! To all my peeps! Youve got to try this diet! Its the original Paleo!Marcy Hanson, Planets Best Diets Blogger"Mighty tasty!"Larry Yurdin, President, Yurdin EntertainmentMy guests and I laughed ourselves silly. Well, I did. My guests stopped when they saw the way my hot tubs tricked out.Harry Hanson, Event Planner, Albuquerque, NMive already lost 10 pounds. This is the way to profile perps!Francis Ragout, Police Detective, New York, NYCannibal jokes? Ewwww!.Have you heard the one about why Cannibals dont like clowns? They taste funny. #SomeOfMyBestFriendsAreCannibals"The authors really put their hearts in it!"John Bragin, Educator, UCLAA work that is not all in vein.Helcio Milito, Percussionist"It won't cost an arm and a leg!"Alfred Packer, Film Star About the AuthorINA SILVERT HILLEBRANDTIna Silvert Hillebrandt was always a foodie and indeed was a chubby pre-teen. This led her to the world of Weight Control. For most of her life she has remained slim, even though, as she puts it, she suffers from having a "fat head." As an adult she became a qualitative research and strategic planning consultant, working for Fortune 500 companies and leading nonprofits. One of her earliest clients was, appropriately, Weight Watchers. She also worked for Dunkin' Donuts, at the same point in time. "People who came in for Weight Watchers focus groups had donut crumbs on their chins," she recalls fondly. Since 2003, Hillebrandt has focused on writing. Her book "Pawprints" and another she coached, edited and published, "Stories From The Heart, Vol. 2," both made the Amazo top seller list."Pawprints" evolved into a literacy and kindness to animals program for kids, Pawprints Literacy +, after it was introduced in a Jane Goodall Institute workshop for Educators. These days Ina's also enjoying her work as memoirs coach, speaker and consultant. "How To Write Your Memoirs" is being used by educators and individuals around the country. Find out more about her books, consulting and other work at InasPawprints.com and on her Author page. Look on Facebook and Twitter - handle "cannibaldiet" - for info about appearances for "You Are Who You Eat," so you can protect yourself and loved ones.

**ABOUT UNCLE DAN** Uncle Dan was a wonderful man who contributed much to the social satire and cannibalia of this book. In real life, he was Philadelphia's top furniture refinisher, and a respected philanthropist. Nobody knew about his hunting practices. **ABOUT THE ILLUSTRATOR AND COVER ARTIST, ELDON DEDINI** Eldon Dedini worked for several years for Walt Disney on Donald Duck shorts before he began selling cartoons to "Esquire." He began working for "Playboy" in 1959 and became one of their most popular and longest-running cartoonists. His cartoons were published by "The New Yorker" for over 40 years. He has received the National Cartoonists Society Award for gag cartooning four times. When he passed away in January 2006, he was still regularly contributing cartoons to "Playboy" and "The New Yorker." As noted above, his works, including "You Are Who You Eat," are now part of the collection of The Billy Ireland Cartoon Library Museum at Ohio State University. A special exhibit honoring the man and his work was held May 2016