
has any one read the book

Posted by stardiva - 2006/05/30 10:42

Holding the man by tim conigrave??

if you have what did you think of it??

I am in the middle of it and am enjoying it!

Re:has any one read the book

Posted by grizzlys4 - 2006/05/30 20:25

Haven't heard of that one.....what's the synopsis??

Re:has any one read the book

Posted by stardiva - 2006/05/30 20:57

its about the story of tim coming out of the closet in the 60's and 70's!

like i said so far its been a good read!

Re:has any one read the book

Posted by mazzy - 2006/06/10 12:21

Has anyone read Bragg Healthy Lifestyle Vital Living to 120 by Paul C. Bragg N.D.m Ph.D. Life Extension Specialist, and Patricia Bragg N.D., Ph.D. Health & Fitness Expert.

The book talks about body purification, toxicless diet, and healing system. I'm going through a health phase in my life, and am interested in changing my diet, and eating habits. I'm finding it interesting, and almost a brain washing towards a healthy life style.

Re:has any one read the book

Posted by grizzlys4 - 2006/06/11 02:41

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Oh, thanks for sharing!! I'm having to face eating differently and am finding myself being rather stubborn about it!!!!
:whistle:

I'll have to put this one on hold at the ole liberry!!!!

Re:has any one read the book

Posted by mazzy - 2006/06/11 07:03

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Grizz, this book is great... my daughter read it, and loved it. She gave me a copy for mother's day... along with a basket of some organic salad dressings, and spices. At first I was puzzled... thinking where's my flowers... where's my chocolate, but this turned out to be a really great gift.

I needed to lose some weight... I stopped smoking about two years ago, and I guess replaced the habit with the wrong foods, and the pounds slowly crept up. I was looking for a healthy way of eating... as well as getting rid of the extra pounds. This seems to be working... so try it... you'll like it. LOL Please let me know what you think of the book.

Mazzy

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Re:has any one read the book

Posted by grizzlys4 - 2006/06/13 00:18

Good to know mazzy.....it's not at my library, so I'll have to put it on my "want" list at Barnes and Noble!!! It may be a while, but I'll keep you posted when I get it!

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Re:has any one read the book

Posted by Debby - 2006/06/13 14:50

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I haven't seen the book but I it brings up a question that I have had on my mind for a while. Are books that are written by medium sized, fit, healthy men about diet and exercise valid? The reason I ask is because of the diet and wellness books written by Dr. Phil, Oprah's trainer, and others. I just don't know if they really understand issues, such as obesity and/or food addiction in women. What do you think?

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Re:has any one read the book

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I like keeping an open mind... I take it or toss it when I'm interested in a topic... even from men... lol

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