



I Am What I Ate...and I'm frightened!!!: And Other Digressions from the Doctor of Comedy

Bill Cosby

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I Am What I Ate...and I'm frightened!!!: And Other Digressions from the Doctor of Comedy Bill Cosby

From the #1 US bestselling author, the hilarious US bestselling book of original essays for the adult market focusing on themes of health and food, which explores why Americans are hooked on such bad eating, drinking and other self-indulgent and self-destructive behaviours throughout their lives.

The legendary Bill Cosby, America's most well-known comic, wants food lovers and over indulgers everywhere to know that they are not alone. This is an original collection of hilarious musings and digressions about our obsessions and addictions, from hoagies to stogies, from one of the funniest bestselling authors in the world.

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