



How to Lose Weight Through Hibernation: A Guide to Sleeping Off the Pounds

Mr. Forthright

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The pound-shedding secrets of deep sleep are finally revealed by Mr. Forthright, who personally lost over 900 pounds using the method he describes here. In this step-by-step guide, you too can learn how to, after just a few months in bed, wake up a new person. Here, Mr. Forthright shares the secrets "they" don't want you to know: that exercise is what's making you gain weight and that fad dieting isn't the solution. Forthright finally reveals the weight-loss secrets of our friends from the forest: the bears. This hilarious, diet-satirizing "how-to" is a must for anybody looking to shed those pesky last 500 pounds.

"I used to be fat. Now, I'm just phat." Mr. Forthright

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