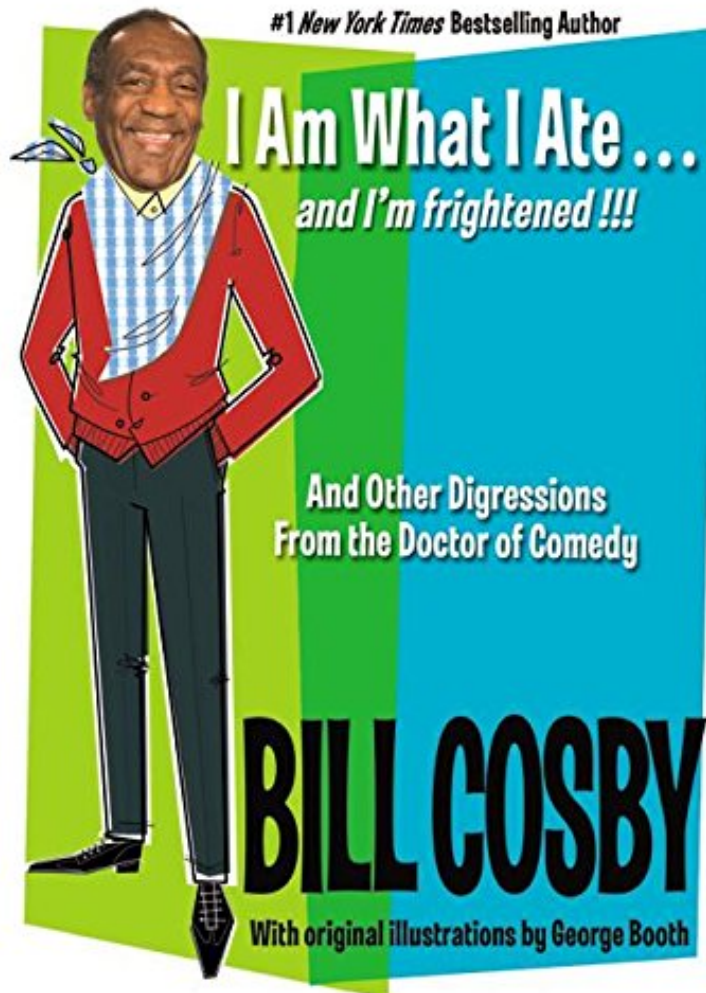


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I Am What I Ate...and I'm Frightened!!!

Bill Cosby

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Bill Cosby : I Am What I Ate...and I'm Frightened!!! before purchasing it in order to gage whether or not it would be worth my time, and all praised I Am What I Ate...and I'm Frightened!!!:

0 of 0 people found the following review helpful. Five StarsBy Lisa RomeroLoved it!!!3 of 3 people found the following review helpful. Although my hardcover is 10 years old it's still a wonderful up-to-date bookBy Diane the UggaholicI'm not used to writing book reviews. But when I picked up this book I just couldn't put it down. I can imagine Bill Cosby sitting on the stage and just talking as he has done with "Comedy Central" In fact some of the material in this book he used on stage and as I read the chapter about his wife and the psychiatrist friend in Vegas whose wife told him he couldn't eat the pizza ----I laughed out loud and pictured Mr. Cosby talking to me. I can relate with him because I'm retired and have the same aches and pains that he discribed. Mr. Cosby's my favorite comedian

and I love the fact that he has wonderful "Moral Character" personally and he is the new Art Linkletter with the kids.³ of 3 people found the following review helpful. For The Person Who Loves Sugar By Kristen Wampner Book Cover: I found the book cover to be amusing and eye catching. I loved the color combo and found that the cover was really good with the story. *STAR*Story: I found this story to be a comical read that talks about life and how true things are the older that you get. It promotes good health and what happens if you don't take care of yourself while your young. *STAR*Author: I am a long time fan of Bill Cosby so I loved to read what he had to say. I think he does a wonderful job writing and look forward to reading more of his books. *STAR*Characters: This story is pretty much about Bill Cosby's experience in life. *STAR*Cleanliness: There are a few words here and there but other than that this book is clean. NO STAR Overall Review: I'll be putting this book on my bookshelf for a reread later in life. I found the things Bill Cosby wrote about to be comical and true. He has some really deep thought provoking thoughts that makes you go yea that doesn't make since or yea sad but true. I would recommend this book to anybody who is a fan of Bill Cosby or is looking for a light comical read.

The legendary Bill Cosby, Americas most well-known comic, wants food lovers and over indulgers everywhere to know that they are not alone. Yes, just like the rest of us -- he is frightened -- especially if we've paid any attention lately to the front-page headlines and daily reports on the nightly news: "Cholesterol Kills!" "Cookies Clog Arteries!" "Meatball Sandwiches Cause God Knows What" "Repent and Exercise -- or Else!" In this original collection of humorous musings and digressions about our obsessions, the incomparable Doctor of Comedy is right on target as he reflects back on his own sixty-five years of dining at the banquet of life -- from the hoagies to the stogies to every death-defying delicacy in between. Who better than the man who made an international hero out of a boy named Fat Albert, to aim his great wit, wisdom, and observational talent at our national obsession with food and our never-ending quest for a healthy lifestyle. Bill Cosby is stepping up to the plate -- literally -- in this hilarious new book about his own lifelong cravings and snack attacks ... as well as his hopes that one day, sooner rather than later, pizza will be found to be a cure for heart disease and high cholesterol.

From Publishers Weekly In his latest book, the 65-year-old Cosby targets newly minted seniors (like himself) who find their bodies are heavier, slower and creakier than they ever expected. The title refers to Cosby's own experience with a 30-percent blockage in his carotid artery that qualified him for cardiac rehab and greatly increased his risk of having a stroke or a heart attack. "Now I know I'm a walking time bomb," Cosby writes-and tries to play the situation for laughs. In meandering and exasperatingly redundant prose, Cosby describes how he now must sneak chocolate chip cookies when his wife isn't looking, and how he daydreams about the bacon, butter, ice cream, croissants, pies and "cheese, cheese, cheese" that he used to enjoy before his doctor put him on a diet. While Cosby's previous book, *Fatherhood*, elicited plenty of belly laughs, they are few and far between here. The biggest chuckles can be found when he segues into a critique of smokers, especially his anecdote about a houseguest who braves the weather to smoke outside, though it's 12 degrees below zero. Cosby also deftly critiques typically American paradoxes such as his mother's inability to stop eating fried lamb chops even after she has a series of strokes, and the whiskey-drinking done by a group of grieving friends after one of their alcoholic buddies dies of cirrhosis. But it's hard to appreciate Cosby's jokes when it's obvious that that the health of the people he makes fun of-including himself-appears doomed. Gallows humor has never been Cosby's forte, and readers who enjoyed his lighter works may be disappointed by this volume. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist Bill Cosby's television series aren't much good anymore, but every now and then, there's one of those priceless Cosby moments that makes us remember a monologue from the early days. So, too, with his books, which routinely climb best-seller lists mainly as a testament to the entertainer's status as a much-loved celebrity. The pattern holds with his latest, in which Cosby muses on a lifetime of eating the wrong foods ("Chocolate cake! Cheese! Ham! Seven slices of leftover pizza!"). At age 68--and boasting a cholesterol number in the stratosphere--it's time for the pizza man to change his ways. Fans will love the accounts of Cosby struggling with his baser instincts, culinarily speaking, as he tries to follow the strictures of his wife and doctor. Unfortunately, though, much of this material is ordinary at best, nowhere near as funny as similarly themed jeremiads from Calvin Trillin. Still, you can't help hearing Cosby utter the lines as if he were performing a monologue, and that makes them funnier somehow. And his wild digressions, always a key part of his comedy, are on the mark here: rants on bureaucracy in the home, on the name Myrtle, and on positioning yourself in a recliner are among the funniest bits in the book. Hit and miss, then, but from a cultural icon, that's more than enough to draw a crowd. Ilene Cooper Copyright American Library Association. All rights reserved. About the Author At 66 Years Old, Bill Cosby is Hotter than Ever With his new book *I Am What I Ate and I'm Frightened*, an animated series based on his best-selling book *Fatherhood* to launch in January on Nick at Nite, a movie based on his character Fat Albert about to go into production, his *Little Bill* animated series airing daily on Nickelodeon and Saturday mornings on CBS, and *The Cosby Show* in syndication, Bill Cosby continues to be as prolific and relevant as ever, reaching every generation and every audience since he began his career in stand-up four decades ago. He is one of the most influential performers of the second half of the 20th century. He has had an unparalleled career in television;

has sold more record albums than any other comedian; his blockbuster books have sold millions of copies; and his generous support of numerous charities, particularly in the field of education, have endowed many Americans with the gift of hope and learning. Through his groundbreaking appearances on television, particularly in two landmark series each of which defined an American decade, Bill Cosby has touched the lives of millions of Americans. In the 1960s, "I Spy" broke the racial barrier in television by featuring Cosby as the first-ever black lead of a weekly dramatic series. In the 1980s, Cosby returned to television with a show that Coretta Scott King described as "the most positive portrayal of black family life that has ever been broadcast." "The Cosby Show" enjoyed years of number-one ratings and nearly unanimous critical praise. Cosby's success on television has been matched in other areas. In 1986 he broke Radio City Music Halls 53-year-old attendance record for his concert appearance. Cosby's also a giant in the publishing world. *Fatherhood* (1986) became one of the fastest-selling hardcover book of all time, remaining for more than half of its fifty-four weeks on The New York Times Best Seller List as Number 1. It has sold 2.6 million hardcover copies and 1.5 million paperbacks. *Time Flies* had the largest single first printing in publishing history--1.75 million. Now, *I Am What I Ate* and *Im Frightened* is poised for the bestseller list. A crusader throughout his career for a better world, his great success in the world of entertainment is complemented by his involvement with a host of charity organizations, making substantial gifts in support of education, most notably to predominantly black colleges and to various social service and civil rights organizations. On the evolution of his own style of comedy, Bill Cosby states that he was drawn at an early age to the masters of jazz, learning to emulate in comedy their ability to take an idea and continually find new and innovative ways of expressing the same theme. The legacy of Bill Cosby's comedic genius is as sweet, meaningful and universal as any piece of music ever played.