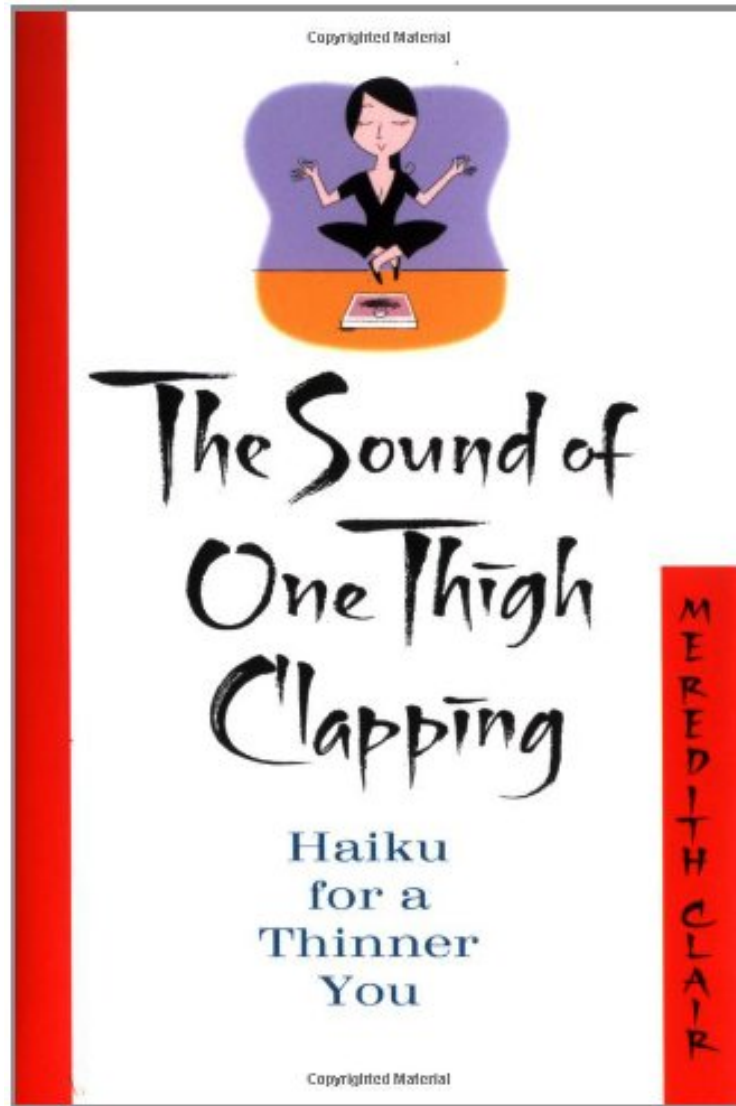


[Download pdf] The Sound of One Thigh Clapping: Haiku for a Thinner You

The Sound of One Thigh Clapping: Haiku for a Thinner You

Meredith Clair

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#5655559 in Books 2003-11-15Original language:EnglishPDF # 1 6.26 x .50 x 4.26l, .34 #File Name: 0761131426128 pagesHUMOR, UNEXPECTED CONNECTION BETWEEN HAIKU AND DIETING | File size: 79.Mb

Meredith Clair : The Sound of One Thigh Clapping: Haiku for a Thinner You before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sound of One Thigh Clapping: Haiku for a Thinner You:

0 of 1 people found the following review helpful. Fun and Funny!By A. BarnesThis is a fun little book. If you've ever been on the weight-loss rollercoaster you'll be able to relate to alot of the funny haikus.6 of 9 people found the following review helpful. The Sound of One Thigh ClappingBy A CustomerThis is so funny you'll want to keep

flipping through to find more quips. It's a must have stocking stuffer. whether you're "stuffed" or not. 11 of 13 people found the following review helpful. The humorous side of dieting By Eileen Author Meredith Clair tried every fad diet and failed. Then she joined the Weight Watchers class run by Ertha, who ran the class like a Zen master and provided "thinspirations" that seemed to work. According to Ertha, dieting is about suffering and sacrifice, and the four enemies of diet success are temptation, sloth, jealousy, and weakness. So Clair decided to distill this diet wisdom, along with a lifetime of dieting experience, into haiku verse. I would categorize this book as a humor book rather than a diet book since there is not a lot of advice on dieting how-to. The haiku itself does not flow very well compared to "Honku: the Zen Antidote to Road Rage" or other similar titles. That is why I did not give the book more stars than I did. However, it does touch upon every fad diet and frustration the typical dieter encounters, and it is quite funny. Here are some examples: On temptation: Chocolate passes/too quickly over the tongue/preferring the hips. On sloth: Training wheels, training bras, and personal trainers./The Cycle of Life. On weakness: Tasty pink grapefruit - /significantly less so/after the eighth day. On jealousy: Consider Helen/whose face launched all that trouble./Better to be plain. On resignation: We shall overcome./If we don't, there are always/elastic waistbands. If you have ever struggled with losing weight, you will find lots of laughs here.

The rigors of Ornish, reduced to seventeen syllables. Weight Watchers in three lines of enigmatic verse. The paradox of Atkins-shed pounds while wolfing down cheese, eggs, and meat-distilled to a Zen-like utterance. Or call it the path to losing oneself, in the language of finding oneself. Inspired by a weight loss guru's pithy sayings-Craving is the root of all suffering, Self-esteem = Sodium-Meredith Clair, an inveterate dieter, explores the connection between diet and haiku, each a discipline that insists on cutting out excess, stripping down to the bare essentials, and counting, be it calories or syllables. The result is *The Sound of One Thigh Clapping*, a collection of tiny, hilarious moments in the epic journey to reach the Land of the Thin.

About the Author Meredith Clair is a lawyer and haiku poet.